

Useful POGP website leaflets

Pelvic Health Physiotherapy

Information

Please find below a useful list from the POGP (Pelvic, Obstetric, Gynaecology Physiotherapy including Urology) This is a clinical interest group for Pelvic Health Physiotherapists and patients. You can find these booklets at www.pogp.csp.org.uk – Resources- Booklets. These can be read online and also be printed.

Gynaecology/Urology Booklets

- Fit following Surgery - Advice and Exercise Following Major Gynaecological Surgery
- Pelvic Floor Exercises (for Women)
- Pelvic Floor Muscle Exercises (for Men)
- Pelvic Organ Prolapse
- Improving your Bowel Function
- The Mitchell Method of Simple Relaxation
- Promoting Continence with Physiotherapy
- Pilates in Women's Health Physiotherapy

Antenatal/Postnatal Booklets

- Pregnancy Related Pelvic Girdle Pain - for mothers to be and new mothers
- Fit and Safe: Exercise in the Childbearing Year
- Aquanatal Guidelines: antenatal and postnatal
- Fit for Pregnancy
- Fit for Birth
- Exercise and Advice after pregnancy
- Fit for the Future – postnatal advice and exercise
- Pilates in Women's Health Physiotherapy
- Exercise and advice after the loss of your baby

General Leaflets

New Introductory Booklet Pack - The Role of the Women's Health Physiotherapist

Sources of information

www.pogp.csp.org.uk

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department. Tel: 0300 131 4500 x734434 Email: esh-tr.AccessibleInformation@nhs.net

Reference

Pelvic Health Physiotherapy Department

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