



Women's Health & Pregnancy

At our Women's Health facility we recognise the sensitivity surrounding women's health issues. We offer experienced physiotherapists who are empathetic and approachable to ensure you feel comfortable when seeking treatment and advice from us.

Women's health physiotherapy incorporates a

range of specialist services designed specifically to treat pregnancy related gynaecological issues. Our team uses an integrated approach combining manual therapy and rehabilitation along with the use of a biofeedback machine to assist in the assessment and treatment of pelvic floor issues.

Ante-natal care

Ante-natal physiotherapy

As exciting as being pregnant is, it can also be incredibly uncomfortable at times! We can help you deal with pregnancy related

low back, thoracic or neck pain; SIJ dysfunction; pelvic girdle pain (pubic symphysis

disorders) and nerve problems in the legs and hands. We will also advise on how to strengthen your pelvic floor, we can give you advice on the best way to recover after the birth - be it natural or Caesarean.

Pregnancy massage

Our physiotherapist is also fully trained in pregnancy massage. Why not treat yourself to an hour of relaxation and ease your tired back, legs and shoulders? She can also use lymphatic drainage massage techniques to help reduce fluid retention.

Pilates for pregnancy (Pre and post Pregnancy)

Keep yourself in shape and ease pain and stiffness with a regular Pilates class. Our physiotherapists are all trained to adapt Pilates exercises for every stage of pregnancy. We offer the following:

- Pregnancy Pilates • Post Natal Pilates
- C Section Pilates • 1 to 1 Programme Pilates



Post-natal care



following issues post-pregnancy:

- Third degree tears/painful Caesarean scar
- Pelvic pain
- Pelvic floor re-education
- Incontinence - stress/urge/urgency
- Diastasis/abdominal muscle separation
- Back, neck and shoulder pain

If you have any of the above issues or any other pregnancy related problems, we would advise that you book an appointment for a women's health assessment, so that the physiotherapist can tailor a treatment and exercise programme for your specific problem and symptoms. You may benefit from an assessment using our biofeedback machine. It really helps you to feel if you are using the correct muscles. We also offer Electrical Muscle stimulation for pelvic floor re-education.

Post Natal Body Check

We often see post-natal women who, having been back to their GP for a 6-week check, still have many questions unanswered, so we've

got the ideal assessment to give you all the answers you need!

- Full back, pelvis & posture assessment
- Detailed abdominal muscle assessment
- Pelvic floor muscle assessment and re-education
- Advice on postnatal exercises & safe return to activity and exercise



Physiotherapy for mastitis

If you are suffering from blocked milk ducts or mastitis, we recommend that you seek treatment as soon as possible. They will use ultrasound and lymphatic drainage to break up the blockage in a safe and effective manner and will also teach you self-help techniques. You will most likely need between 2-5 treatments, depending on the severity of the blockage.

Gynaecological problems

Specialist physiotherapy treatment can be very beneficial in speeding up your recovery after many gynaecological operations, particularly hysterectomy and prolapse repair.

Continence problems can affect women of all ages; however by learning some simple techniques you can retrain your pelvic floor muscles to overcome this, even if such issues have been long standing.



dbc NAAS

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Chartered Physiotherapists aim to give women the best care available, while at all times identifying their particular needs. If appropriate your physiotherapist will liaise with your doctor, hospital consultant or other health care professional.