



# Women's Health Service



at

## EGREMONT PHYSIOFIRST LTD

### Rachael Moore

BSc Hons Physiotherapy MCSP  
Associate member of Chartered Society of Physiotherapists in Womens Health



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### Pain during and post pregnancy:

Are you having low back pain or pelvic pain during pregnancy?  
Pain persisting post childbirth?

At Egremont Physiofirst Ltd we offer a pro-active approach in the assessment and management of these complaints.

#### Treatments include:

- \* Mobilisation
- \* Manipulation
- \* Advice and education
- \* Individually tailored home exercise programmes
- \* Provision of equipment \*



\* Please note an additional cost may incur with the provision of equipment.

Initial assessment and treatment	£35.00
Follow up treatment	£32.00

### Incontinence:

Are you leaking urine when coughing, sneezing or laughing?  
Are you having difficulty controlling your bladder throughout the day or night?  
Are you having difficulty making it to the toilet on time?

At Egremont Physiofirst Ltd we offer a pro-active approach in the assessment and management of these complaints. Practical solutions are offered to improve continence.

#### Treatments include:

- \* Biofeedback
- \* Electrotherapy and pelvic floor muscle stimulation
- \* Equipment provision \*
- \* Pelvic floor muscle rehabilitation
- \* Advice and education



\* Please note an additional cost may incur with the provision of equipment.

Please note an internal vaginal examination may need to be performed. This is not compulsory. You may decline or opt out at any point without compromising further treatment. If you would like a chaperone present, they are available on request; or you may wish to bring your own. Please inform us of this when booking the appointment.

Initial assessment and treatment (1 hour)	£50.00
Follow up treatment (30-45 mins)	£35.00