

Self-referral for perinatal physiotherapy

Easily access perinatal physiotherapy through self-referral for support during pregnancy and up to one year after birth. We provide help with:

Antenatal (before birth):

- Current or previous pelvic pain
- Rib pain and sciatica
- Abdominal muscle separation
- Past 3rd or 4th degree tears
- Previous complex or traumatic perineal tears
- Symptoms of pelvic floor problems (e.g. urinary or bowel issues, pelvic organ prolapse)
- Difficulties with intimate examinations

Postnatal (after birth):

- 3rd or 4th degree tears or complex perineal tears
- Postnatal pelvic pain
- Pain during intercourse
- Ongoing perineal pain
- Postnatal bowel incontinence
- Postnatal urinary incontinence
- Pelvic organ prolapse

Need support? Scan the QR code or contact us at:

Basildon Hospital: 01268 394764

Southend Hospital: 0300 443 010

