

Complex Mesh Service (CMS) - Information about
Pelvic Health Physiotherapy



What is Pelvic Health Physiotherapy?

Pelvic Health Physiotherapy is a service provided by Physiotherapists who have had specialist training in pelvic floor muscles and bladder, bowel and sexual functions. The CMS Physiotherapists have additional knowledge of the impact of mesh surgery and are able to provide information and support to improve your pelvic floor muscle function and quality of life.

What if I have already seen a Physiotherapist for my problem?

Women attending the CMS may have already seen a Women's Health, Pelvic Floor or Continence Physiotherapist in the past and 'done' pelvic floor muscle exercises then, or after childbirth. It is not uncommon to need more targeted Physiotherapy as the pelvic floor changes after surgery and over time.

What happens in the appointment with the Physiotherapist?

The CMS Physiotherapists work with the multi-disciplinary team in the clinic.

We will ask about your bladder and bowel problems, lifestyle habits including food and fluids, problems with sexual activity and get a detailed picture of what bothers you most.

We will help you to understand how your pelvic floor muscles work:

- This sometimes means learning how to release and retrain the muscles rather than tighten them;
- This may help with bladder and bowel control, and to minimise prolapse symptoms.

A vaginal or rectal assessment, may help you understand and feel how the pelvic floor muscles work, and whether they need to be stronger, or work in a different way. If pain is a problem for you, the examination may only be a visual observation.

What happens if further Physiotherapy is indicated?

The Physiotherapists at the Complex Mesh clinic have links with other Specialist Physiotherapists across Scotland and can make contact to ask your local service to offer you physiotherapy sessions. This will not delay any decisions that you might have made about surgery.

Please ask to see the Physiotherapist when you attend the clinic, if you think that you would find it helpful. If it was not possible to see the Physiotherapist in clinic or you wish further information, please leave a message on the Mesh Service Helpline.

Contact Details

The MESH helpline: ☎ 0141 347 8604

You may find the following links helpful:

Your Pelvic Floor Muscles: 🌐 https://thepogp.co.uk/patients/pelvic_health_advice/pelvic_floor_muscles.aspx

Healthy Bladder Advice: 🌐 https://thepogp.co.uk/patients/pelvic_health_advice/healthy_bladder.aspx

Healthy Bladder And Bowel: 🌐 https://thepogp.co.uk/patients/pelvic_health_advice/healthy_bladder.aspx

Pelvic floor exercise app: 🌐 Home Page - Squeezy (squeezyapp.com)

