



THE UNIVERSITY  
of EDINBURGH

Improving lifelong well-being



## *EXPPECT Pelvic Pain Service and Physiotherapy*

This leaflet answers some commonly asked questions about the role of the Specialist Pelvic Pain Physiotherapist within the Pelvic Pain Team and how they might be able to help you.

### **What is a Pelvic Pain Physiotherapist?**

The Pelvic Pain Physiotherapist aims to work with people to enhance the therapeutic management of pelvic and pelvic floor muscle related disorders. They work with people with a wide range of musculoskeletal and gynaecological symptoms. These can include conditions such as endometriosis, chronic pelvic pain syndrome, pelvic floor pain conditions (such as painful sex), bladder or bowel incontinence, constipation and prolapse. They have specialist pain training, and understand the difficulties encountered when living with a chronic pain condition.

Pelvic Pain Physiotherapists work with you and the other members of the Pelvic Pain Team to help you manage your pain. They focus on patient-centred goals and aim to improve quality of life by restoring strength, function and movement within the pelvis.

### **What will happen at your first appointment?**

Your initial appointment will last up to 45 minutes. The female physiotherapist will assess you in a private room and ask you questions about your symptoms. Where appropriate, you will be offered a physical examination. This may include an internal examination. All examinations will be fully explained and only carried out with your consent. You are always free to say no or ask for more information before you make up your mind.

If you wish to have a chaperone, please ask for one when booking your appointment so this can be arranged.

Following your assessment, the physiotherapist will discuss your symptoms with you and explain what management options are available. All management plans are individually tailored towards your needs and goals. In order to get the most from your physiotherapy session, you will be asked to follow advice and also participate in some gentle exercises at home.

Any follow-up appointments will last up to 30 minutes. Follow-up telephone reviews may also be offered, where appropriate.

**Please complete and bring any enclosed charts or questionnaires to your first appointment. If you have been sent a bladder chart, please be as specific as you can when measuring your urine (e.g. use a measuring jug)**

### **Cancelling appointments**

If you need to cancel an appointment, please give as much notice as possible. This will allow us to offer this appointment slot to another person.

### **If you are late for a physiotherapy appointment**

Please be aware that it may not be possible for you to be seen that day and you may have to re-book your appointment.

### **If you do not attend a physiotherapy appointment**

- You may have to return to the bottom of the waiting list
- If you do not contact us within 4 weeks, you will be discharged from our treatment list