

Continence & Women's Health Physiotherapy Service

This service offers a comprehensive range of specialist physiotherapy led by Senior Chartered Physiotherapist in Continence and Women's Health, Mags Mc Donald MISCP, MCPWH, MACPWH. Continuous professional development and working in collaboration with consultants and GP's provide high quality patient care.

This service offers assessment & treatment for the following areas:

Ante Natal & Post Natal

- Musculoskeletal (low back pain, pelvic girdle pain, carpal tunnel syndrome)
- Incontinence
- Exercise advice and prescription
- Review 3rd & 4th degree tears
- Dyspareunia

Urinary Incontinence

- Stress, urge, mixed incontinence
- Overactive bladder

Ano rectal Pain and Incontinence

- *Faecal and flatal incontinence
- *Anismus
- Functional constipation and defaecation disorders.

Other Pelvic Floor Disorders

- Pelvic organ prolapse
- Descending perineal syndrome

Pelvic Pain Syndromes

- Interstitial cystitis/bladder pain syndrome
- *Ano-rectal pain/anismus
- Pudendal neuralgia
- Dyspareunia

Male Continence & Pelvic Pain

- *Pudendal neuralgia
 - *Orchialgia, non-bacterial prostatic pain syndrome, anismus
 - *Incontinence: urinary & rectal; overactive bladder
 - *Erectile dysfunction
- *GP or Consultant referral letter required for these conditions*

Making an appointment

- For appointments or further information please call our receptionist @ 021 4801630
- We endeavour to offer an appointment within 48hours

Physiotherapy Department

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Cork

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