



Physiotherapy for Women having Gynaecological Surgery

Our Physiotherapists at MPFP are trained to support women before and after gynaecological surgery such as a hysterectomy, bladder sling or prolapse repair. Recovery from these surgeries is a gradual process, which we guide our clients through with expert advice.

When to refer?

In the early stages post-operatively it is important to allow optimal healing and recovery of the tissues. A number of factors can impact on healing including constipation, heavy lifting and poor pelvic floor muscle function. The best time to refer your patients is pre-operatively as we usually like to address bladder and bowel habits and train a correct pelvic floor activation prior to having surgery. This will allow optimal time to set up good habits and will mean they won't be overwhelmed with information after surgery.

Research shows that on verbal instruction 50% of women incorrectly activate their pelvic floor and around 25% of women perform a movement that could make symptoms worse¹. Therefore, it is important to get your pelvic floor checked by a trained physiotherapist who can design an individually tailored pelvic floor muscle program for you.

Physiotherapy prior to surgery usually consists of:

- A pelvic floor assessment, training correct pelvic floor activation with strength and endurance.
- Provision of a pelvic floor home exercise program
- Assessment of bladder function with appropriate advice regarding bladder habits
- Assessment of bowel function with advice about how to empty bowels without straining through the pelvic floor
- Education about what to expect immediately post-operatively and some handy hints to optimise tissue healing and recovery.

Management during this post-operative time will consist of:

- Graduated pelvic floor home exercise program.
- Review of bladder and bowel habits.
- Advice regarding activity modification.
- Education about how to safely get back to the activities and exercise while looking after their pelvic health.
- Working towards any other goals that are important to your patient.

If you have any questions please don't hesitate to contact our friendly pelvic floor physiotherapists at MPFP.

¹Bump, Hurt, Fantl & Wyman, (1991). Assessment of Kegel pelvic muscle exercise performance after brief verbal instruction. Am J Obstet Gynaecol. 165(2).322-327.



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