

Physiotherapy in pregnancy

Conditions suitable for obstetric physiotherapy referral:

- Pelvic girdle pain
- Hip pain
- Low back pain
- Rib pain
- Separated abdominal muscles
- Urinary or faecal incontinence
- Vaginal prolapse
- Vaginal varicosities

(This list is not exhaustive and professional judgement should be used)

Referrals to obstetric physiotherapy differ depending on the patient's address:

Manchester postcode:

Women who are booked at Saint Mary's Hospital with a Manchester postcode may be referred or self-refer any time in the antenatal period or up to 3 months postnatally to Saint Mary's physiotherapy department.

To contact please call 0161 276 6411

Salford Patients:

GPs can directly refer to the Salford Physiotherapy Team

Helen Shepherd
Clinical Lead Pelvic Health Physiotherapy
Physiotherapy Dept
Ground Floor
Salford Royal Foundation Trust
Stott Lane
Salford
M6 8HD

Tel: 0161 206 1063
Fax: 0161 206 5782

Trafford Patients:

Patients can directly self-refer on **0330 3230303**

Saint Mary's Patients who live anywhere else but Trafford or Salford:

Patients can self-refer on **0161 2766411**

After 3 months postnatal women must be referred to their local physiotherapy service.

The physiotherapy department also have a video link including information that might be helpful as first line advice:

<http://cmft.nhs.uk/saint-marys/our-services/physiotherapy>