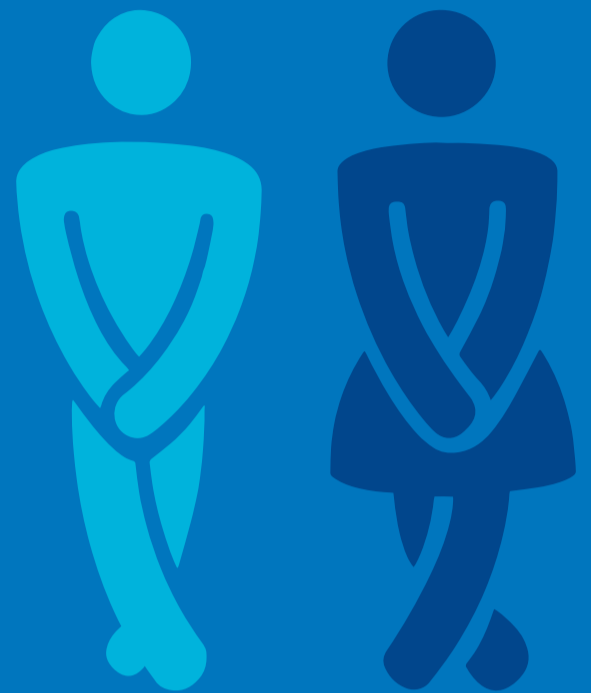


Do you experience any of the following?

- Difficulty controlling your bowels?
- Rushing to the toilet?
- Bladder leakage?
- Painful sex?
- Pregnancy-related pelvic girdle pain?
- Abdominal weakness post-pregnancy?
- Pelvic organ prolapse?



Did you know?

1 in 4 men
experience some form
of urine leakage*

9 million people
in the UK experience
bladder weakness*

30% of women
between 20-59 years
of age have pelvic
organ prolapse**

Pelvic Girdle Pain
affects up to
**1 in 5 pregnant
women*****

Physiotherapy can help

Pelvic Health Physiotherapists who specialize in treating these conditions, can offer a thorough assessment, examination, advice and treatment.

If you feel you would benefit from seeing a specialist Pelvic Health Physiotherapist and your GP is based in Enfield, you can self-refer to our service:

Visit www.physioselfrefer.co.uk/beh or call 03330 433966 to complete your pelvic health self-referral form or speak with your GP.

*www.tena.co.uk/men/how-to-keep-control/articles/incontinence-an-introduction

**<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5558330/>

***<https://www.nhs.uk/pregnancy/related-conditions/common-symptoms/pelvic-pain/>



**Barnet, Enfield
and Haringey**
Mental Health NHS Trust