

# Women's Health Services



*We address all aspects of female health*

Real-time ultrasound  
Clinical Pilates Mat classes  
Postnatal exercise classes  
Dry needling  
Online bookings  
HICAPS

Active Health Physiotherapy  
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- Contenance
- Pelvic organ prolapse
- Bowel dysfunction
- Sexual dysfunction (dyspareunia, vaginismus and vulvodynia/ vestibulodynia)
- Pelvic pain
- Antenatal and postnatal complications – carpal tunnel, pelvic girdle pain, low back and neck pain, wrist pain, diastasis rectus abdominus, painful haemorrhoids and perineum post birth, mastitis, blocked ducts and cracked nipples.
- 6 week post-natal check up (ultrasound assessment of the pelvic floor, screening for continence, bowel and sexual dysfunction, musculoskeletal check, advice/programmes for return to sport)