

---

# Department - Obstetric physiotherapy

**Telephone:**

01223 217 422

**Inpatient service**

A physiotherapist routinely visits postnatal women six days per week (Monday – Saturday). Ladies who have had a caesarean section, instrumental delivery or third degree tear are seen, to provide advice on postnatal exercises and recovery. Physiotherapists are also available to give advice to antenatal women with musculoskeletal problems.

**Antenatal and postnatal musculoskeletal service****Pelvic girdle pain (PGP) clinic**

Pelvic girdle pain is the term used to describe pain in one or more of the three pelvic joints. It affects up to 1 in 4 women in pregnancy, with symptoms varying in severity. We offer a rapid access specialist information and advice class for women with pelvic girdle pain on a weekly basis. The class is held in the Green Room in the Rosie birth centre. Patients are welcome to attend this class without prior referral from a health care professional but need to book a place by ringing Rosie reception on 01223 217 617. Due to the nature of this rapid access class, we would recommend that patients attend the class as the first line of treatment for pelvic girdle pain before a formal referral for individual assessment is made.

We also offer one-to-one assessment and treatment for the following conditions:

- antenatal pelvic girdle pain (PGP)
- lumbar and thoracic pain
- diastasis recti abdominus (separation of the abdominal muscles)
- pregnancy-related carpal tunnel symptoms
- rib flare
- pelvic floor rehabilitation
- urinary incontinence

**Pregnancy-related Pelvic Girdle Pain**

## How to access the service

There are several ways for you to access our service:

- you can ask your GP to refer you or they may suggest this themselves
- if you are seeing a consultant or midwife they can refer you
- you can complete a self-referral form.

## Vaginal birth after caesarean (VBAC) classes

VBAC classes are offered to appropriate patients after review in the VBAC or obstetric clinic and are run by a specialist obstetric physiotherapist. The class includes information and practical advice for encouraging an active vaginal birth. To book a session, please call Rosie reception on 01223 217 617

## Finding us:

The outpatient physiotherapy department is situated in the outpatient area of Addenbrooke's hospital on level 2 (ground floor), to the left of the RVS canteen. Follow the signs from the main entrance to the outpatient area, or ask at either reception desk in outpatients or by the main entrance.