



CHARTERED SOCIETY OF PHYSIOTHERAPY

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Tel: 020 7306 6662  
Web: www.csp.org.uk

# Do you have a problem with your bladder or pelvic floor?



## Would you like to be more in control?

Please return this form to:

0000322 P&D 10K 2/11

[www.csp.org.uk](http://www.csp.org.uk)



Who suggested physiotherapy?  GP  Friend  Healthcare professional

Or was it your own idea?  Yes  No

How long have you had this complaint?  
 Days  Weeks  Months  Years

Is the problem...  New  Return of old problem

Are your symptoms worsening?  Yes  No

Do you feel a stinging or burning sensation when you pass urine or have you noticed any blood in your urine?

Yes  No

If yes, please give details

Have you ever had an abnormal cervical smear test?

Yes  No

If yes, please give details

Have you had any unusual/unexpected bleeding or staining from the vagina?

Yes  No

If yes, please give details

Do you have persistent abdominal pain?

Yes  No

Do you have persistent bloating that doesn't come and go?

Yes  No

Do you have difficulty eating or find that you eat less but feel fuller?

Yes  No

If yes, please give details

Have you suddenly lost any weight without trying?

Yes  No

If yes, please give details

Do you have any numbness, tingling or muscle weakness?

Yes  No

If yes, please give details

# Physiotherapy may be beneficial

*if you are having problems with your bladder or pelvic floor muscles*

## Is physiotherapy right for me?

Physiotherapy can be particularly helpful if you suffer from leakage of urine during exercise or when you cough or sneeze. It can also help if you suddenly need to go to the toilet but can't get there in time. These are common problems which affect 1 in 3 women at some time during life. Physiotherapy can also help you if your pelvic floor muscles are weak.

## What is self referral and what do I need to do?

Self referral is just another way of getting to see a physiotherapist. It means that you don't have to see your GP and wait for her/him to contact the physiotherapist.

This service is available if you are female, over the age of 16 and have a bladder or pelvic floor problem. All you need to do is complete the form on the right.

## What will happen next?

A specialist physiotherapist will look at the information you have written on the form. We will then contact you and either offer you an appointment for an assessment or put you on our waiting list. The physiotherapy treatment you receive will be the same as if your GP had referred you.

## How do I know whether I should see my GP?

If you have any concerns you can always make an appointment to see your GP in the usual way and ask about a physiotherapy referral.

## FACT

**1 in 3 of women suffer from leakage of urine at some time during life**



## You should always see your GP if:

- you think that you may have a urine infection i.e. you have a burning or stinging sensation when you pass urine and/or need to go to the toilet more often and more urgently than usual
- you notice any blood in your urine
- you have unexpected vaginal bleeding

## What can I do to help myself in the meantime?

You could try to exercise your pelvic floor muscles but you need to make sure that you're doing this in the right way. Imagine that you're trying to stop yourself passing wind and at the same time trying to stop yourself from passing urine. It should feel like a 'squeeze and lift' inside. It's good to do a mixture of strong, long holds and short squeezes. Some women find this really difficult, so if you're not sure wait until you see the physiotherapist.

If you leak with exercise or when you cough or sneeze you can try to do a strong 'squeeze and lift' just before the activity which causes the problem. If possible you need to hold the 'squeeze and lift' until the activity is finished. For example, this may be before and whilst you lift a heavy object or cough or sneeze.

Try to drink about 1 ½ litres (3 pints) of fluid each day. If you need to rush to get to the toilet in time it may help to gradually reduce the amount of caffeine you drink. This includes tea, coffee and cola drinks, which could be replaced by water-based drinks.

## Referring yourself to physiotherapy

Please complete this form and return it to your local women's health physiotherapist at the address on the back of this leaflet.

Name	
Address	
Date of birth	Today's date
e-mail	
<b>Your Phone numbers. Can we leave a message at these numbers?</b>	
Phone no. (home)	<input type="checkbox"/> Yes <input type="checkbox"/> No
Phone no. (work)	<input type="checkbox"/> Yes <input type="checkbox"/> No
Phone no. (mobile)	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Your GP's name and surgery</b>	
<b>Do you require an interpreter?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No	
If yes, which language?	
<b>Please give a brief description of why you want a physiotherapy assessment:</b>	

