



What is CPWHC?

Chartered Physiotherapists in Women's Health and Continence (CPWHC) is a recognised Clinical Interest Group within the Irish Society of Chartered Physiotherapists (ISCP).

CPWHC is concerned with all aspects of physiotherapy relating to women's health, but also treat men and children who present to them with issues of bladder, bowel and pelvic floor dysfunction.

What can I expect when I go for treatment to a Chartered Physiotherapist in Women's Health and Continence?

At your first visit, a Chartered Physiotherapist will talk to you to find out your main presenting problem. They will then carry out a detailed physical assessment.

With your consent and cooperation, an individualised treatment programme will commence and follow up visits arranged as appropriate.

At all times your basic rights to confidentiality and dignity will be respected.

What conditions are commonly treated by a Chartered Physiotherapist in Women's Health and Continence?

- √ Urinary Incontinence
- √ Overactive Bladder
- √ Urinary Urgency +/- Frequency
- √ Bowel Dysfunction including Constipation
- √ Faecal Incontinence
- √ Pelvic Organ Prolapse
- √ Sexual Dysfunction / Vaginismus
- √ Vulvodynia
- √ Pelvic Pain
- √ Male Continence Problems
- √ Childhood Continence Problems
- √ Musculoskeletal Issues relating to pregnancy and post partum eg:
 - Pelvic Girdle Pain including Symphysis Pubis Dysfunction
 - Low Back Pain
 - Rib Pain / Thoracic Spine Pain
 - Carpal Tunnel Syndrome
 - Pelvic Floor Trauma post Vaginal Delivery

In addition:

- Antenatal Education and preparation for Parenthood