

The pelvic floor comes under a lot of strain in pregnancy and childbirth

If these muscles become weak or too tight, you may find you have symptoms like pain or leaking wee, poo or wind

DON'T IGNORE YOUR PELVIC FLOOR

Scan the QR code to find out how to look after your pelvic floor which helps prevent issues



NEED MORE HELP AND SUPPORT?

Pregnant or up to one year after birth? If you are having pelvic health issues, you don't have to *just live with it*. Whether your symptoms can be managed at home (using online self-help tools) or you need specialist treatment, tailored advice and care is available to you. Simply visit letsgetbetter.online/pelvichealth, scan the QR code or speak to your midwife or healthcare professional.

