

Lower back or pelvic
girdle pain

Pain
having
sex

Constant urge
to go for
a wee

Leaking wee
when you cough,
jump, run or laugh

IF YOU HAVE ANY OF THESE PELVIC FLOOR

SYMPTOMS

Vaginal changes
or pain

Not able to
control wind/
pooing yourself

Looseness or
heaviness in
the vagina

HELP AND TREATMENT IS AVAILABLE TO YOU

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.

