

Your Local Pelvic Health Team

Norfolk and Waveney are one of the new pilot sites for pelvic health clinics. Pregnant women and new mums will receive support to prevent and treat incontinence and other pelvic floor issues. The clinics will be located at the three hospitals in the region that provide maternity service.

The three hospitals in the Norfolk & Waveney Local Maternity & Neonatal System (LMNS) are:

- [Norfolk & Norwich University Hospitals NHS Foundation Trust](#)
- [The Queen Elizabeth Hospitals King's Lynn NHS Foundation Trust](#)
- [James Paget University Hospitals NHS Foundation Trust](#)

Clinics will offer a one-stop-shop for women with symptoms, bringing together midwives, specialist doctors, and specialist physiotherapists under one roof. Every woman receiving maternity care in the pilot sites will be able to access the service throughout their pregnancy.

Physiotherapists can teach women how to exercise pelvic floor muscles correctly, give advice on diet and fluid intake as well as helping women to monitor their progress. There will be an option to self-refer so that women don't feel embarrassed seeking help, in addition to GPs being able to refer patients for help.



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