

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

We can help!

What we do

The Pelvic Health Physiotherapy Service helps people who have a problem with their pelvis or pelvic floor. This could be a bladder or bowel problem, prolapse, pelvic pain, pregnancy related pain or difficulties with sexual intercourse.

Who are we?

Our team consists of specialist physiotherapists who are trained in the treatment of female incontinence and the management of prolapse. Some of our team have advanced skills and training in dealing with male patients, children, bowel issues, pelvic pain, antenatal care and postnatal rehabilitation. Not all conditions are treated at each site. You may need to travel to ensure that you are seen by the right physiotherapist for your specific condition.



"My physiotherapist was very easy to talk to and she listened to me. She explained everything in easy to understand terms and visual aids helped." **Jim**, Age 68

"The physio gave me a thorough examination and explained how my system worked. This done, she helped me understand how I can help myself through exercise. 3 weeks later my symptoms have all but disappeared. She listened which is the number one thing that brought about a good diagnosis and a great result." **Anne**, Age 47



"Thank you so much for all the help and advice you have given me. To say it's changed my life is not an exaggeration. I've rediscovered the me I used to be. I feel 15 years younger and no longer isolated or ashamed."

Jean, Age 78



“Fantastic experience. I was very nervous and the physio made me feel relaxed and at ease. She explained everything about my condition and gave me loads of information, help and support. I came away feeling calmer and confident. That hour was so beneficial to me both mentally and physically. I went home feeling so positive and happy about everything.”

Sabrina, Age 30



“I have struggled with incontinence for over 30 years. During the past year the situation became intolerable and I was having no control over my bladder at times and this started to happen at work. The panic I felt was terrible. I realise now this anxiety was fuelling the problem. After physio, my partner, friends, family and colleagues have all commented on the difference in me. The improvement is massive. **Kay, Age 60**

How to get referred to us

Self referral

If you are an adult female with bladder problems or a prolapse, ask your GP receptionist for a self referral form for the Pelvic Health Physiotherapy Service. However, if you have difficulty passing urine, blood in your urine, bleeding from your back passage, vaginal bleeding after the menopause or bleeding after sexual intercourse you must see your GP first. He or she will decide if referral to physiotherapy is appropriate.

GP referral

If you are male or under 18 or female with any other bladder, bowel or pelvic problem, you should book an appointment with your GP who can refer you to our service if appropriate.

Where we are

Outpatient clinics are held at the following sites:

- Victoria Hospital, Kirkcaldy
- Queen Margaret Hospital, Dunfermline
- Adamson Hospital, Cupar
- Randolph Wemyss Memorial Hospital

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