

Pelvic Health Physiotherapy services at WGH

What is Pelvic Health Physiotherapy?

It is the assessment and treatment of various conditions that involve the 'pelvic floor'.

Pelvic Health Physiotherapy is offered at Whitehorse General Hospital as an insured health service for men and women from all over the Yukon. Referrals are required, and accepted from GPs, nurse practitioners, and OB/GYNs. Referrals are triaged based primarily on the impact on the client's life, as well as the length of time the symptoms have been present.

Lauren Barrett is a registered physiotherapist with postgraduate training in pelvic health physiotherapy.

Appointments take place in the private Pelvic Health office in the Therapy Services department in the Thomson Centre. Initial appointments are 60 minutes, and follow-up visits are usually 30 minutes.

What is the 'pelvic floor'?

It consists of muscles, ligaments, nerves, and connective tissue within the pelvic region.

The pelvic floor muscles are internal muscles, and an internal exam is typically performed by the pelvic health physiotherapist for assessment, and to guide treatment.

What should I expect during my appointment?

Pelvic Health Physiotherapy is similar in many ways to outpatient physiotherapy for other conditions.

Assessment and treatment based on individual problems is provided. Since bowel, bladder and pelvic pain issues can be difficult topics for many people to discuss, clients can expect to receive services in a caring, confidential and respectful environment.

The physiotherapist who carries out this work is a highly trained, sensitive professional who will explain each assessment, as well as discuss any concerns and questions before carrying out the internal exam.

Clients are welcome to have another person accompany them during their appointments.

Please note that if you have an appointment and are unable to arrange childcare, you are welcome to attend your appointment with your baby or young child. A car seat or stroller can fit into the Pelvic Health office.

For more information about Pelvic Health Physiotherapy, please visit www.pelvichealthsolutions.ca.