

## Patient Resources: Women's Health

Women's Health

<https://puresportsmed.com/blog/posts/womens-health>

Post natal Physiotherapy

<https://www.uclh.nhs.uk/OurServices/ServiceAZ/WH/MAT2/PostnatalCare/Pages/Postnatalphysiotherapy.aspx>

Soft tissue therapy during pregnancy

<https://puresportsmed.com/blog/posts/soft-tissue-therapy-during-pregnancy>

Women's Health leaflet about incontinence (CSP)

<https://www.csp.org.uk/public-patient/common-conditions/incontinence>

Breast Health Bra size (CSP)

<https://www.csp.org.uk/publications/breast-health-your-bra-right-you>

Pelvic Floor dysfunction

<https://puresportsmed.com/blog/posts/pelvic-floor-dysfunction>

Pilates during pregnancy

<https://puresportsmed.com/blog/posts/pilates-during-pregnancy>