

Recovering from a chronic cough or COVID-19?

Difficulty getting your bladder or
bowel back to normal?

Are you experiencing embarrassing leaks?

You may have experienced new
or worsening symptoms of:



- urinary leakage
- rushing to the toilet
- difficulty controlling wind
- vaginal heaviness or discomfort



Problems with your bladder or bowel can affect anyone.

Start with gentle pelvic floor muscle exercise.

Build up slowly, especially if
you are feeling very weak and tired

Find out more on the POGP website
pogp.csp.org.uk



Remember, you can seek advice from your local
pelvic health specialist physiotherapist