



EXCELLENCE
MATTERS

Pelvic, Obstetric and Gynaecological Physiotherapy

thepogp.co.uk

President
Miss Karen Nugent

Vice-president
Mrs Jill Mantle

POGP Charity Board of Trustees

Chair
Dr Kate Lough
chair@thepogp.co.uk

Vice-chair
Dr Gillian Campbell
vicechair@thepogp.co.uk

Secretary
Helen Shepherd
secretary@thepogp.co.uk

Treasurer
Miti Rach
finances@thepogp.co.uk

Journal Subcommittee Chair
Gráinne Donnelly
journal@thepogp.co.uk

Research Officer
Shirley Bustard
research@thepogp.co.uk

*National Conference Organizing
Committee Chair*
Debbie Plowman
conference@thepogp.co.uk

Education Subcommittee Chair
Jane Dixon
education@thepogp.co.uk

*Public Relations Officer and
Subcommittee Chair*
Danielle Alebon
pro@thepogp.co.uk

Board Representatives
Sally Reffold
pogpwebsite@gmail.com

Area Representative Coordinator
Alex Stephenson
areareps@thepogp.co.uk

Bill Taylor
boardrep1@thepogp.co.uk

SUBSCRIPTION RATES

- (a) Individual members CSP-registered.** Membership and affiliate membership: £67.50; student members: £26; retired members: £20. Overseas membership available (see <https://thepogp.co.uk/membership.aspx>). Please add £6.50 for airmail postage to EU countries and £10.50 for Zone 1 and 2 countries
- (b) Journal subscription without membership.** Institutions and commercial companies: £75; individuals not in the above categories: £67.50. Please add £6.50 for airmail postage to EU countries and £10.50 for Zone 1 and 2 countries.

For details of charges to members for lapsed and incorrect subscriptions, please get in touch (e-mail: info@thepogp.co.uk).

The journal is published twice a year in spring (March) and autumn (September).

Electronic copies of the journal from Number 98 on are available in Portable Document Format (PDF). Please contact the editor for further information.

The journal is indexed by the Cumulative Index of Nursing and Allied Health Literature (CINAHL), and the Allied and Complementary Medicine Database (AMED).

While every effort is made by the publishers and editors to see that no inaccurate or misleading data, opinions or statements appear in this journal, they wish to make it clear that the data and opinions appearing in the articles and advertisements herein are the responsibility of the contributor or advertiser concerned. Accordingly, the publishers, the editors, and their officers and agents accept no liability whatsoever for the consequences of any such inaccurate or misleading data, opinion or statement.

Inclusion of any advertising matter in this journal does not necessarily imply endorsement by POGP of the advertised product.

Printed in the United Kingdom by Henry Ling Limited, at the Dorset Press, Dorchester DT1 1HD.

ISSN 2057-598X