

## Specialist Physiotherapy where and when you need it

Rapid Access

No need for referral from your NHS GP  
Unrushed initial appointment and follow up  
Use of on-point assessment techniques and treatments such as:

**Point of Care Ultrasound**  
**Holistic Assessment and Care**  
**Close liaison with Specialist Consultants**

### What Miriam says ...


*I am thrilled to be able to offer specialist physiotherapy at MUMS. From the moment you walk in the door the calming environment is so conducive to healing and the wonderful team make our patients feel at ease.*

*As a mum of two young children, I know how valuable small amounts of time for yourself are and the holistic care provided at MUMS makes sure this is time well spent.*

### What patients say ...

"I was feeling very stiff in my hips and pelvis, which meant I was struggling to walk and experiencing pain. Miriam took the time to listen to my concerns, spent some time manipulating and massaging my joints to loosen them, and suggested exercises to do myself. I'll definitely be returning for another physiotherapy appointment in the next few weeks to ensure I remain mobile throughout the pregnancy."

She was really friendly throughout the appointment and put me at ease. She also explained everything she was doing and checked I was ok before, during, and after anything she did. I would recommend a physiotherapy appointment with Miriam to anyone struggling with their mobility during pregnancy."

 Verified Patient 2/8/2022



## Book an appointment with a member of our dedicated team

Call: 0121 704 2669  
Email: administrator@mums.me.uk  
**www.mums.me.uk**

**Clinic Address**  
**Midlands Ultrasound & Medical Services**

1 Park Avenue, Solihull,  
West Midlands B91 3EJ

**Opening Hours**  
Monday 8.00am - 7.00pm  
Tuesday to Friday 8.00am - 6.00pm  
Saturday 8.00am - 4.00pm



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## Specialist Women's Health Physiotherapist

Miriam Green



[www.mums.me.uk](http://www.mums.me.uk)



## Pelvic Floor Dysfunction

Did you know that 1 in 3 women will suffer with pelvic floor dysfunction at some point in their life. This can lead to many conditions such as:

**Stress urinary incontinence**

**Urge incontinence**

**Urge / Frequency / Overactive Bladder**

**Constipation**

**Bowel Incontinence**

**Pelvic Organ Prolapse**

**Pain during Intercourse**

**Pelvic Pain**

All of these things can be improved with specialist physiotherapy.

## Antenatal and Postnatal Physiotherapy

Pregnancy puts additional strain on the body due to hormones, additional weight and posture changes. After a baby's birth these strains are translated into the day to day activities of carrying, lifting, changing and feeding.

It is therefore important to address symptoms early.

A postnatal check up can improve rehabilitation with physiotherapy for:

**Pelvic girdle pain (PGP)**

**Pregnancy related back pain**

**Diastasis recti**

*(separation of stomach muscles)*

**2nd, 3rd & 4th degree tears**

**Issues with C-section scars**



## Symptoms of peri-menopause and post-menopause

Increased awareness and research around menopause has revealed that there are far more symptoms than hot sweats and brain fog.

These are just some of the areas in which physiotherapy can help:

**Pelvic Floor Dysfunction**

**Bloating Indigestion**

**Joint Pains**

**Muscle Thinning**

