

## Women's and Men's Health Physiotherapy Service Patient Information

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# Pelvic floor clinic F.A.S.T. (Fast Assessment Start Treatment)

### What is the pelvic floor clinic F.A.S.T.?

In this clinic we aim to see you as soon as possible after referral so that we can start you with some basic, initial treatment that you can perform for yourself.

### What should I do after I have attended?

You have attended the pelvic floor clinic F.A.S.T. and the physiotherapist has agreed the following with you:

	Yes	N/A
• You will start practising some specific exercises as discussed	<input type="checkbox"/>	<input type="checkbox"/>
• You will try to follow basic bladder care as discussed	<input type="checkbox"/>	<input type="checkbox"/>
• You are happy to self-manage and can be discharged today	<input type="checkbox"/>	<input type="checkbox"/>
• The physiotherapist will place you on the waiting list for full assessment and treatment	<input type="checkbox"/>	<input type="checkbox"/>
• The physiotherapist will place you on the waiting list for follow up	<input type="checkbox"/>	<input type="checkbox"/>
• You will be sent an invitation to the Women's Health Information Group at which overall care for bladder, bowels and your pelvic floor muscles will be explained	<input type="checkbox"/>	<input type="checkbox"/>

### A note about the Women's Health Information Group

Please be reassured that this group is to provide you with relevant information and is **not** a session where you are expected to share any personal details with other attendees. The physiotherapist will be very sensitive to your confidentiality.

This group is a well-researched method of providing you with further details for self-care and improvement. You may even find that no further treatment is necessary following this session. However, you may find that a detailed assessment and further treatment is required, in which case you may request this and we will place you on our waiting list.

## Contact details

Therapy Services  
Tel: 01202 442121

For further general health-related information, please ask the relevant department for an Information Prescription or contact:

### The Health Information Centre

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**We can supply this information in other formats, in larger print, on audiotape, or have it translated for you. Please call the Patient Advice and Liaison Service (PALS) on 01202 448499 or the Health Information Centre on 01202 448003 for further advice.**