Women’s Health
Enhance your health with a physiotherapist

Some chronic health conditions, including breast cancer, pelvic pain and urinary incontinence, are important concerns for women. These conditions can significantly affect a woman’s health, physical and mental wellbeing, participation in daily activities, and even her identity as a woman.

Benefits in specific conditions
Physiotherapy can offer valuable benefits in chronic health conditions that are predominantly seen in women. Physical training can help women cope with the effects of breast cancer and its treatment. Also, specific therapeutic exercises can noticeably improve pelvic pain and urinary incontinence, whether these symptoms occur secondary to labour and delivery or occur earlier or later in life. Your physiotherapist will assess your problem, discuss your concerns, and develop a treatment plan that can help you return to an active life.

Breast cancer
Fatigue, a common side effect of chemotherapy and radiation, can linger even after treatment is finished. An exercise prescription from your physiotherapist can reduce fatigue and improve physical functioning, cardiorespiratory fitness and well-being, even during treatment. Specific physiotherapy techniques can also reduce post-mastectomy pain and swelling (lymphedema) and improve lost range of motion and strength that may occur in the arm on the side of the surgery. Your physiotherapist can assess your overall fitness, identify specific problems resulting from surgery and/or radiation, and design an individual program that can support you during treatment and recovery, and help you cope with chronic symptoms that persist after medical recovery.

Chronic pelvic pain
Pelvic pain is chronic if it lasts at least six months. Living with chronic pelvic pain is draining, and can interfere with sexual intercourse, good sleep, hygiene and daily functioning. Although no specific cause...
About physiotherapy and physiotherapists

Physiotherapy is the primary healthcare profession that promotes wellness, mobility and independent function. University education, clinical and professional training provides physiotherapists with the knowledge they need to help people of all ages and abilities to improve their level of physical function. A thorough understanding of the human body in action, advanced skills in physical assessment, and experience in hands-on management allow physiotherapists to manage a broad range of medical conditions.

Physiotherapists can treat injuries and teach you how to prevent pain or injury that may limit your activity. They can also help you increase your mobility, relieve pain, build strength, improve balance and enhance cardiovascular performance.

Ask a physiotherapist. No referral required.
Learn more at www.physiotherapy.ca or call 1-800-387-8679.

References

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