

# HILL MEDICAL MENOPAUSE CLINIC

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**We are privileged to have Jackie Gibbon working alongside our Specialist Menopause Team.**

Jackie is one of few

Women's Health Physiotherapists in the UK, who specialises in providing support and treatment for women with bladder, bowel, pelvic floor and vaginal musculoskeletal problems, experienced by peri-menopausal or menopausal women. We understand that these problems are often embarrassing and debilitating and many women find it difficult to access the help and support they need.

When you book an appointment to see Jackie, you will feel comfortable and reassured by her warm manner.

Jackie graduated with a Physiotherapy Honours degree in 2003 and decided to specialise in women's health in 2012, after working in many different areas of physiotherapy and experiencing the help of Women's Health Physiotherapy herself, during pregnancy and post-natally. Jackie is a member of the Chartered Society of Physiotherapy and is registered with the Health Professional Council. She is also a member of the Pelvic, Obstetric and Gynaecological Physiotherapy professional body (POGP) and has completed POGP training in assessment and management of female urinary dysfunction and 'The Positive Pause – Menopause Management' Advanced Practice Course, together with The Menopause Charity. For nearly 10 years, Jackie has worked as an NHS Specialist Women's Health Physiotherapist, and now

focuses on peri-menopausal and post-menopausal care. Over the years, Jackie has treated many women who have experienced changes and complications associated with the menopause, many of whom have been suffering in silence for years. Jackie hopes to help these women take back some control over their lives and bodies.

Women's Health Physiotherapy can help with common problems experienced by peri-menopause and menopausal women such as pelvic floor weakness and/or overactivity, bladder or bowel leakage, constipation, bladder or bowel urgency, pelvic organ prolapse, pelvic pain, sexual dysfunction and treatment pre or post gynaecological surgery. Using the skills that she has learnt over the years, Jackie will offer thorough assessment and will work with you to find out how your symptoms are affecting your life, and collaboratively develop a treatment plan tailored to you.

Assessment may include vaginal examination (should you require this), followed by treatment strategies including muscle re-training, postural work, breathing control and manual therapy. Jackie will also discuss advice on lifestyle changes and exercise that will help you manage your symptoms and prevent future problems.

## **What conditions can be treated with Women's Physiotherapy?**

Sadly, 1 in 3 women experience women's health problems. The NHS NICE guidelines recommend that these problems are treated with physiotherapy as a first line of treatment. These problems may include one, or a combination of the following:

- Increased frequency of passing urine - *visiting the toilet to pass urine more than normal*

- Urgency of the bladder, urge incontinence or overactive bladder - *this is a sudden, overwhelming urge or desire to pass urine and may include leaking on approach to the toilet*
- Stress urinary incontinence - *this is leaking of urine during activity eg. Cough, sneeze, lift, bend, exercise or changing position, caused by a rise in abdominal pressure*
- Pelvic organ prolapse - *when the bladder, uterus or rectum bulges into the vaginal wall*
- Faecal urgency and incontinence - *a sudden desire to open the bowel and/or loss of stool*
- Difficulty controlling flatulence (wind)
- Rehabilitation or preparation for Gynaecological surgery
- Pelvic pain and sexual dysfunction

Many women sadly experience a combination of some of these symptoms and are often waiting years and adapting their lifestyles significantly due to embarrassment or shame before seeking help. Here at The Sheffield Menopause Clinic, we are passionate about helping women learn more about their bodies and take back some control.

### **What should I expect at the consultation?**

Your consultation will take place in a warm, comfortable clinical environment with exclusive bathroom facilities. The consultation will include a detailed conversation and assessment of your medical history and current symptoms. This is discussed in complete confidence.

Sometimes, your physiotherapist may need to carry out a vaginal examination. This is to assess the strength, tone and functionality of your pelvic floor muscle. This involves a digital examination and visualisation, usually takes between 5-10 minutes and should not be painful and our practitioners will always use the appropriate PPE (please note, a speculum

is not used during this examination). An examination is not to be routinely done on the first visit and only after you are comfortable to consent.

### **What treatments are offered?**

Depending on your problem, goals and lifestyle, personalised treatment strategies may include:

- Teaching you to correctly train your muscles to help minimise leakage, and progressively strengthen the pelvic floor muscles to provide postural support
- Bladder and bowel education and training to reduce leakage and help stress urgency
- Strategies to help you learn how to effectively empty the bladder or bowel
- Dietary and lifestyle advice including safe exercise advice, postural assessment, and breath work
- Practical advice to help you manage or reduce the symptoms of prolapse or pelvic pain
- Help you develop strategies to help prevent future problems

Sometimes, adjuncts to treatment may be required, for example, the use of a neuro-muscular electrical stimulator (NMES), pelvic floor biofeedback device, vaginal trainer, vaginal insert for exercise. The pro's and cons of these devices will be discussed with you.

Treatment for gynaecological referrals usually requires 4-5 sessions, sometimes more if the problem is complex or multifaceted. Due to the nature of these types of conditions, treatment can often take place over a 4-6 month period.

Occasionally, onward referral to the Uro-Gynaecology Consultant team at the Jessop Wing of the Royal Hallamshire Hospital may be required if we feel your problems require more in-depth investigation or treatment.

Physiotherapy treatment for peri-menopausal or menopausal problems is often complimented by HRT; vaginal Oestrogel can help to facilitate improvement of many of the problems mentioned above as can systemic HRT. The Sheffield Menopause Clinic experts can recommend a plan of action to holistically treat your problems.

### Your safety

The Clinic is registered and regulated by the Care Quality Commission, which means the care provided and the professionals who deliver it meet the government standards for quality and safety. Consultations and treatment are delivered in accordance with the NICE (National Institute for Health and Care Excellence) Guidelines, and there are policies in place to identify health issues that may require additional care and onward referral.

### Keep in touch

We plan to expand the services we offer to women over the next few months to include:

- Nutrition and functional health
- Counselling services

### Our Aim

Our aim is to provide you with everything you need to know about the menopause and all the latest information so that you can make an informed decision about your treatment, to optimise your health and wellbeing through the menopause and beyond.

Consultation is required prior to treatment.

Average number of treatments required is usually 4-5. Each treatment takes around 30 minutes.

<b>Consultation (1 hour)</b>	£95
<b>Treatment (30 minutes)</b>	£50

If you would like to book an appointment, or wish to find out more, please contact us using the details below:

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