

Opening times

Monday – Thursday 8.30am – 7pm
 Friday 8.30am – 5.30pm

Physiotherapy self-funding charges

Initial session, 60 minutes £56
 Follow-up session, 45 minutes £58.50
 Follow-up session, 30 minutes £39

Payment

The Women’s Health Centre is open to all, not just those with private medical insurance. If you are not insured, please contact our physiotherapy department on 01603 255 587 and we will be happy to advise you of the cost of your treatment.

We can accept payment by debit or credit card, cheque or cash. We work with all major medical insurance providers and those wishing to claim should confirm that their treatment and the number of sessions are pre-authorised.

Making an appointment

Patients may contact the centre directly or be referred by a consultant or GP. To make an appointment call **01603 255 587**

How to find us



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For more detailed directions to the hospital, please visit www.spirehealthcare.com/norwich



Spire Norwich Hospital
 Old Watton Road
 Colney
 Norwich
 NR4 7TD



Registered Certificate No. H060000115

www.spirehealthcare.com/norwich

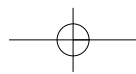
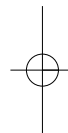
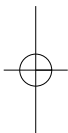
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Women’s Health Centre

Our dedicated physiotherapy service just for women



At Spire Norwich Hospital we understand that incontinence is embarrassing and that the symptoms can affect your personal life, your confidence and the overall quality of your day-to-day living.

Our pelvic floor physiotherapy programme offers high standards of individual care delivered by our specialist physiotherapists who will properly assess and treat your pelvic pain and discomfort. The centre provides:

- private consultation rooms with personalised care
- rapid assessment, diagnosis and treatment
- no waiting lists
- no GP referral required
- treatment for all, insured or not

Personalised treatment

Our aim is to provide personal, quality care, in a comfortable environment with individually tailored programmes for every patient. One-to-one therapy combined with state-of-the-art treatment techniques and continuity of care are just a few of the reasons we have achieved an excellent reputation among doctors and patients.



Spire Norwich Hospital offers the most up-to-date technology and equipment to aid all phases of recovery and rehabilitation for our patients. This includes:

- biofeedback
- electrical stimulation
- ultrasound
- strength training equipment
- functional training
- vaginal dilators
- gymnasium

Assessment and treatment

Our aim is to work with you and recover your optimum level of wellbeing using a personally tailored programme.

- At your first appointment a detailed medical history will be taken, followed by a thorough assessment of your condition. This usually lasts for 60 minutes with subsequent treatments of 30 or 45 minutes in duration.
- You will receive expert advice and treatment and we will provide you with a personal programme tailored to your needs.
- Our physiotherapists can also refer you to a consultant and can arrange access, when necessary, to our diagnostic facilities including X-ray, diagnostic ultrasound and MRI scanning.
- Your physiotherapist can liaise with your GP and provide them with a detailed discharge summary at the end of your treatment.



Conditions treated include

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|---------------------------------------|--|
| • Urinary incontinence | • Pre-operative and post-operative gynaecological and urological surgery |
| • Faecal incontinence | • Post-operative colorectal surgery |
| • Overactive bladder | • Bedwetting (enuresis) |
| • Constipation | • Giggle incontinence |
| • Irritable Bowel Syndrome (IBS) | • Pelvic pain |
| • Prolapse (bladder, rectal, uterine) | |
| • Interstitial cystitis | |