

WHAT IS THE MUMMY MOT



Our physiotherapist Harriet is now fully trained in completing post-natal assessments and ongoing treatment and rehabilitation. We will now be offering a new service called 'The Mummy MOT' all focussed on mum's post birth recovery.

So, what even is the pelvic floor and what is pelvic health physiotherapy?

We've all heard of the term pelvic floor a lot, I'm sure as women we have all been told that we need to do our pelvic floor exercises. But what even is the pelvic floor and why is it important?

The pelvic floor is a group of muscles that sit like a hammock in the bottom of the pelvis. It is an amazing group of muscles perfectly designed for multi-tasking. It controls our bladder and bowel function, supports our pelvic organs (bladder, rectum, and uterus) allowing them to stay in the pelvis, sexual function, core stability and circulation of blood through the pelvis.

Pelvic health is a highly specialised area of physiotherapy which requires post-graduate training. It focuses on the rehabilitation for pelvic, bladder, bowel and sexual pain and dysfunction. This includes pregnancy and post-natal patients.

What is a Mummy MOT?

A Mummy MOT is a specialist postnatal assessment following both vaginal and C-section deliveries.

It is a 1-hour assessment focussed on you and your body, this in-depth assessment includes:

A Mummy MOT is a post-natal total body check focussing on any areas of concern.

These most commonly are:

- Upper and lower back pain
- Diastasis recti (tummy gap post birth)
- Pelvic floor problems- this may present as leaking urine, feeling of urgency and unable to hold urine, pain, and heaviness to name a few.



Women can have a Mummy MOT without any major concerns and want to ensure their body is ready post birth to return to exercise.

The Mummy MOT consist of a physiotherapy assessment assessing different areas of the body but also includes an internal vaginal exam if you would like. This is the gold- standard way to assess the pelvic floor. We always talk about this in detail during the appointment with models and we will never do an internal assessment if you do not feel comfortable. It is performed digitally with no speculum (which women can sometimes have discomfort with). From this we can assess pelvic floor strength and endurance and if there are any areas of tightness or weakness.

You will come away with a full written report of findings from your assessment alongside a bespoke rehabilitation program with your goals at the forefront.

Why is it important?

Post pregnancy and birth your body has been through a lot! Unfortunately, it is common for women to believe symptoms such as pain, incontinence (including any leaking!) is normal and part of being a woman. Just like any other pain or injury you definitely should not have to suffer and 'just put up with it'.

Half of all women have weakness post birth, whether that affects your tummy muscles, your pelvic floor, your back, and buttock muscles or all! It is important that we rehabilitate these issues just like any other injury and help prevent long-term childbirth related complaints.



Who is The Mummy MOT appropriate for?

It is recommended for all postnatal women! We recommend the earliest you book in for your Mummy MOT is 6-8 weeks and normally after your GP check-up. However, you can still have this specialist assessment even years post birth. It is never too late!

We will be continuing to expand our pelvic health service with Harriet at our clinics, so watch this space!

If you would like to talk to us about booking in for your Mummy MOT or discuss any pelvic health concerns, please do not hesitate to give us a call or check out our new website with dedicated pelvic health sections.

As always, at Varney Green Physiotherapy we are happy to answer any questions you may have and look forward to seeing you all soon!

Get in touch if you would like some more information.

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