

# PROLAPSE CARE PATHWAY



**BRIGITTE EGAN**  
B. Comm B. Phty (Hons) APAM  
Women's & Pelvic Health Physiotherapist

A prolapse is caused by stretching of the ligaments and muscles that support the pelvic organs (bladder, uterus and bowel), allowing these organs to move down inside the pelvis. If you have a prolapse, you may experience symptoms such as:

- a sensation of pressure or fullness within your vagina
- a bulge within or protruding from your vagina
- a lower back ache
- difficulty emptying your bladder or bowel, leading to straining and/or incomplete emptying

The care pathway below will help you understand what to expect throughout the physiotherapy management of your prolapse symptoms. Your pelvic health physiotherapist will guide you through this pathway and assess your progress.

  
The Women's Health Project



## INITIAL ASSESSMENT

- Symptom review
- Prolapse Diary
- Pelvic floor assessment

## CONSERVATIVE MANAGEMENT (12 WEEKS, 4-6 SESSIONS)

- Pelvic floor program
- Lifestyle modifications
- Exercise advice
- Bowel management
- BMI optimisation



## REASSESSMENT

- Symptom review
- Prolapse diary
- Pelvic floor assessment

Symptoms well managed

Continue current

Symptoms bothersome

Pessary prescription

Specialist review



### BOOKINGS

Scan the QR code  
[thewomenshealthproject.com.au/bookings](http://thewomenshealthproject.com.au/bookings)  
[info@thewomenshealthproject.com.au](mailto:info@thewomenshealthproject.com.au)  
+61 402 816 299

### ST LEONARDS

Suite 208, Level 2, Tower A  
North Shore Health Hub  
7 Westbourne Street  
St Leonards NSW 2065

### SYDNEY CBD

Suite 704, Level 7  
BMA House  
135 Macquarie Street  
Sydney NSW 2000