

Pelvic health and wellbeing during pregnancy and after birth

Online tips, advice and information in multiple languages about:

Pelvic floor exercises

Posture and positioning

Constipation and bladder care

Back and pelvic pain

Perineal massage

Pain management and wound care

Looking after your stomach muscles

Returning to exercise



Search 'NHS pelvic health and wellbeing' or scan the QR code to find out more.

