



**Lancashire Teaching  
Hospitals**  
NHS Foundation Trust

<b>Placement Area:</b>	Women's Health Physiotherapy
<b>Placement Address:</b>	Core Therapies Department
<b>Telephone Number:</b>	01257 245436 / 01772 524437
<b>Contact Name:</b>	Kat Mamy Clinical Lead women's health physiotherapist
<b>Placement Facilitator</b>	Varies-student will be informed prior to placement
<b>Type of Placement:</b>	Outpatient
<b>Details of type of clients being dealt with:</b>	Ante natal and post-natal MSK conditions e.g. Pelvic girdle pain / abdominal diastasis / carpal tunnel syndrome / rib flare  Post- operative breast cancer surgery e.g. wide local excisions and simple mastectomy
<b>The type of experience which may be gained from this placement:</b>	<ul style="list-style-type: none"><li>• Delivering telephone advice for pre op breast /gynae surgery patients and postnatal patients with diastasis / following instrumental deliveries</li><li>• Assessment and treatment of Pelvic girdle pain</li><li>• Assessment and treatment of abdominal diastasis</li><li>• Delivering group advice for pelvic girdle pain</li><li>• Delivering postnatal exercise classes</li></ul>

	<ul style="list-style-type: none"> <li>Delivering hydrotherapy sessions</li> </ul>
<b>Special Knowledge and information which would be useful to the student:</b>	Knowledge of physiology of pregnancy Pelvic anatomy Pelvic floor muscle anatomy
<b>Recommended Reading:</b>	<ul style="list-style-type: none"> <li>Links to a reading list will be emailed prior to placement</li> </ul>
<b>Visits/shadowing which can be arranged:</b>	<ul style="list-style-type: none"> <li>Theatre visits –gynae /breast surgery</li> <li></li> </ul>
<b>Hours of work:</b>	<ul style="list-style-type: none"> <li>Monday – Friday 8.30-16.30</li> </ul>
Last updated: July 2023	