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PHYSIOTHERAPY • PILATES • EDUCATION

# Physiotherapy 'Menopause MOT'

A 'Menopause MOT' by a specialist Women's Health Physiotherapist can help you with understanding what is happening, identifying your goals and personal challenges, and create a bespoke plan for you.



## WHAT IS MENOPAUSE?

All women, whether they have been pregnant or had babies, will go through this transition period.

### **Menopause refers to one day in your life!**

This is when you have had a whole year without any menstrual cycles. However, most of us actually are referring to a transition period. Gradual changes to the reproductive system cause the ovaries to produce less eggs, less hormones and this can lead to a plethora of symptoms.

The time leading up to the menopause is termed '**peri-menopause**' and for most women, this is when they notice changes to their body and mind.

All women will go through this transition and symptoms can start from your early 40's, but mostly around age 45 and above.

Women may experience a variety of symptoms, at varying degrees of influence on their personal, work, intimate life, sleep and exercise. Your confidence in your body may be affected.

## Menopause MOT

- *Maintain and improve bone, heart, and brain health*
- *Improve bladder bowel and sexual function*
- *Enabling you to exercise; maintaining strength, flexibility and balance*

## WHAT MIGHT I EXPERIENCE?

All our cells and organs need hormones to function well. When we experience changes in hormonal levels - leading up to the menopause, we may experience a wide range of symptoms. This is why every woman's menopause journey is different, and how you feel may vary as your hormone levels change.

Some common symptoms may be:

- *Hot flushes*
- *Night sweats*
- *Mood swings*
- *Problems sleeping*
- *Brain fog*
- *Bowel, bladder and sexual complaints*
- *Muscle and joints aches and pains*

However, there are many more recognised symptoms due to the hormonal changes as your whole body is affected.





# Deborah Thomas

## Chartered Physiotherapist



## HOW CAN PHYSIOTHERAPY HELP?

Amongst the symptoms listed, some women also experience:

- **Urinary & Bowel incontinence and/or urgency**
- **Changes in gut and bowel function**
- **Symptoms of prolapse**
- **Problems with sexual function**

A Women's Health physiotherapy '**Menopause MOT**' will help create a bespoke treatment and exercise plan based on your needs and goals.

### A '**Menopause MOT**' includes:

- **Medical history to identify any hormonal, pelvic floor and general health issues. A thorough questioning about bowel, bladder, pelvic floor, sexual functions.**
- **A musculoskeletal assessment of any areas relating to pain or movement difficulties**
- **An assessment of your breathing, trunk and abdominal muscles**
- **An assessment of pelvic floor muscles if required**
- **Designing an exercise plan, bladder and bowel training if required**
- **Discussion, education and guidance on gut health, stress management and sleep hygiene**
- **Discussion on HRT options, risks and benefits as well as alternatives to HRT**

### Your bespoke treatment plan:

Following your '**Menopause MOT**', and depending on your goals and issues identified, treatment may include:

- **A bespoke exercise programme taught and emailed to you (Pilates, Yoga, strength and conditioning)**
- **Hands-on treatment for any musculoskeletal or pelvic related problems**
- **Acupuncture to help with menopause symptoms, bladder and bowel, sleep and musculoskeletal complaints**
- **Bladder and bowel retraining**
- **Relaxation, breath work and mindfulness techniques**
- **Communication with specialists, other health professionals and fit pro's**



I am a **musculoskeletal physiotherapist** and a **specialist in pelvic & women's health**.

I work closely with other health care and fitness professionals, consultants, and menopause specialists.

I am a certified Pilates Instructor (APPI), a member of the British Menopause Society (BMS) and the Pelvic and Obstetric & Gynaecological Physiotherapy (POGP)

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