



The Hub Glasgow

Private, practical pelvic health support.



Pelvic Health Guide

Leak less, move with confidence, understand prolapse symptoms and stop planning life around toilets.

0141 363 0306 | hello@therehabhub.co.uk | therehabhub.co.uk

West End | Kinning Park | Dennistoun

Pelvic Health: Feel In Control Of Your Body Again



Benefit: private support without embarrassment



Benefit: treatment options beyond just being told



Benefit: a clear plan for symptoms that affect everyday life.

Pelvic health care is about getting your confidence back: laughing without leaking, exercising without fear, walking without heaviness, having sex without dread, and not planning your day around toilets. These symptoms are common, but they are not something you just have to put up with.

Leak less, worry less	Support for leaking with coughing, sneezing, laughing, jumping, running or lifting.
Stop planning life around toilets	Help for urgency, frequency and that constant need to know where the nearest toilet is.
Feel safer with prolapse symptoms	Guidance for heaviness, dragging, pressure, bulging or the feeling that something has changed vaginally.
Move and live with more confidence	Support for pelvic pain, sex, exercise, bladder/bowel function, periods, pregnancy and postnatal recovery.

The Benefits Of Getting Help



Pelvic health is about confidence, dignity and getting back to normal life.

<p>Know what is actually happening</p>	<p>Assessment helps you understand whether symptoms relate to pelvic floor strength, coordination, pressure, bladder habits, prolapse, pain or recovery.</p>
<p>Get options that fit your life</p>	<p>Physiotherapy, bladder and bowel strategies, pelvic floor training, Emsella where suitable, Clinical Pilates and referral can all sit in the plan.</p>
<p>Return to exercise safely</p>	<p>We help you rebuild confidence with walking, running, lifting, Pilates, gym work and day-to-day movement.</p>
<p>Feel listened to</p>	<p>No brushing it off. No shame. No 'just live with it'. You get calm, practical healthcare.</p>

Why This Helps: Guidance-Backed Benefits

<p>Better bladder control</p>	<p>NICE and NHS-style guidance supports assessment, pelvic floor muscle training, lifestyle advice and bladder training where appropriate.</p>
<p>Less fear around prolapse</p>	<p>Education, pelvic floor training, activity modification, pessary discussion or referral can help people understand and manage symptoms.</p>
<p>Stronger recovery after birth or menopause</p>	<p>Symptoms may be common, but proper assessment and progressive rehab can help you recover with more confidence.</p>
<p>Smarter use of technology</p>	<p>Chair-based treatments may be useful for selected people, but work best when they support assessment, education and an active plan.</p>



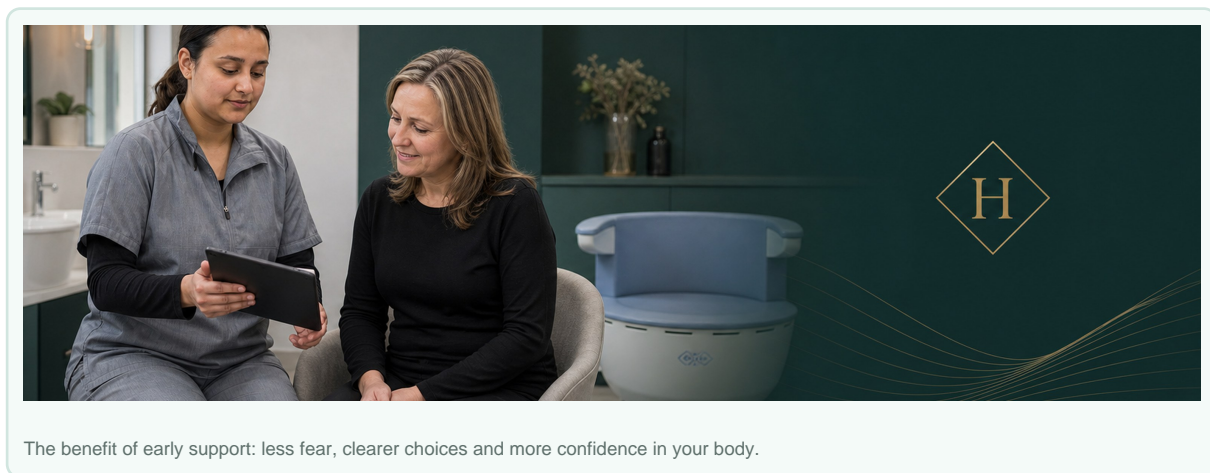
Benefit: understand the problem before treating it.



Benefit: options explained in plain language.

What You Get At The Hub

Relief from saying it out loud	You can explain symptoms in your own words. You do not need to know the correct clinical terms.
Choice and consent	Your clinician will discuss the most appropriate assessment options and consent at every stage.
A clear next step	You leave knowing what is likely contributing, what to do next, and whether physio, Emsella, Pilates or onward referral is right.
Support without embarrassment	Pelvic health is healthcare. We keep it calm, respectful and practical.



The benefit of early support: less fear, clearer choices and more confidence in your body.

Book pelvic health: hubglasgow.co.uk/pelvic-health

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