

A Private Guide to What's Normal, What's Not, and What's Fixable

A women's health physiotherapist's honest guide to pelvic floor recovery —
without the embarrassment, without the surgery talk.

A free guide from the senior physiotherapy team at Kinetika

PAGE 1 — INTRODUCTION: YOU CAN ASK THE QUESTION HERE

There's a question a lot of women carry quietly for months, sometimes years, after having a baby — or sometimes without ever having had one at all.

"Is this normal?"

The leak when you sneeze or run. The heaviness. The sense that something down there is just... different, and not quite yours anymore. It's the kind of question that feels too awkward to say out loud — even to a doctor, even to a friend.

So let's answer it properly, in private, right here.

This guide is written by a women's health physiotherapist. It will explain the honest difference between what's genuinely *normal*, what's merely *common* (which is not the same thing), and what's *fixable* (which is most of it). No embarrassment, no jargon, and — you'll be relieved to hear — very little talk of surgery, because for most women it isn't needed.

You can read this without telling anyone. That's rather the point.

PAGE 2 — "NORMAL" VS "COMMON": THE MOST IMPORTANT DISTINCTION

Here is the sentence that has cost women more years of unnecessary discomfort than almost any other in women's health:

"Oh, that just happens after kids."

It's said kindly, usually. It's also misleading — because it quietly bundles two very different things together:

- **Common** means *a lot of women experience it*. More than half of women have some pelvic floor or abdominal weakness after pregnancy. That's common.
- **Normal** means *it's expected, it's fine, and it needs no attention*.

Bladder leaks, persistent heaviness, a feeling of weakness or "looseness," pain — these are **common**. They are **not normal** in the sense of being something you simply have to accept. They are signs of a physical change in muscles that can, in the large majority of cases, be assessed, retrained and improved.

What *is* genuinely normal: some general soreness and fatigue in the early weeks after birth, gradually settling. What *is not* something to just live with: symptoms that are still there months later, or that are affecting what you can do.

PAGE 3 — WHAT'S ACTUALLY HAPPENING

Your pelvic floor is a group of muscles — a kind of supportive sling at the base of your pelvis. Pregnancy and birth (and other things — age, heavy lifting, chronic coughing, high-impact sport) can leave those muscles weakened, over-stretched, poorly coordinated, or sometimes too tense.

When those muscles aren't working well, you get the symptoms women describe to us all the time:

- Leaking with a sneeze, cough, laugh, run or jump
- A feeling of heaviness or dragging, especially later in the day
- A sense of weakness, or that things feel "different"
- Sometimes discomfort or pain
- A tummy that still feels separated or weak (this can involve the abdominal muscles too)

Here's the encouraging part: because these are *muscle* problems, they respond to the same principle as any other muscle problem — the right assessment, then the right retraining and strengthening. That's what pelvic health physiotherapy is.

PAGE 4 — WHY "JUST LIVING WITH IT" IS SO EXPENSIVE

Most women don't ignore this because they don't care. They ignore it because it feels awkward to raise, and because they were told it was normal. But "just living with it" has a real, compounding cost:

- **Your life quietly shrinks.** You stop running. You skip the trampoline with the kids. You think twice about the workout class, the long flight, the day out. Each individual decision feels small. Together they add up to a noticeably smaller life.
- **It can progress.** Pelvic floor weakness isn't always static. Left unaddressed, what would have been straightforward to treat can become more involved over the years.
- **You carry it alone.** The privacy of it is part of the burden. Many women are quietly relieved, when they finally get assessed, simply to have it taken seriously and named.

The single biggest barrier is almost never the treatment. It's walking through the door for the first conversation.

PAGE 5 — WHAT A CONFIDENTIAL PELVIC HEALTH ASSESSMENT INVOLVES

We've designed the first visit around the fact that this is a hard thing to come in and talk about. Here's what it actually involves:

- **A private, unhurried conversation** — in a private room, not a curtained bay, with a dedicated female physiotherapist. You're listened to properly, including the parts that feel too awkward to say elsewhere.
- **A thorough assessment** of how your pelvic floor and core are actually functioning — strength, coordination, tension.

- **A clear, plain-language explanation** of what's going on and what's realistically achievable.
- **The right treatment path for you** — hands-on physiotherapy, a targeted exercise programme, or technology like EMSELLA (which strengthens the pelvic floor while you stay fully clothed and seated) where it's suitable.
- **A written, personalised plan** — what's recommended, how many sessions, and what to do between visits.
- **Complete discretion** — the same therapist every visit, your information handled carefully.

It's worth knowing what to look for in a clinic: a private room (not a shared space), a dedicated female physiotherapist you see consistently, and a proper assessment rather than just being handed a generic exercise sheet.

PAGE 6 — WHAT TO DO NEXT

If this guide has done its job, you now know:

1. "Common" and "normal" are not the same word — and most post-pregnancy pelvic symptoms are common, not normal-and-acceptable.
2. These are *muscle* problems, which means they generally respond well to proper assessment and retraining.
3. For the large majority of women, this is treatable — privately, and without surgery.
4. The hardest part is the first conversation. Everything after that is easier than you think.

At Kinetika, we've made that first step as easy and private as we can. Our Confidential Pelvic Health Assessment includes a private consultation, a full assessment, a clear explanation, the right treatment recommendation for you, and a written take-home plan. For a limited time it's **AED 600** (regular price AED 800) — and if we don't believe we're the right people to help you, we'll tell you honestly and you won't pay for the session.

[Book My Confidential Assessment — AED 600](#)

Or message us discreetly on WhatsApp: +971 50 800 3206.

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BACK COVER / DISCLAIMER

This guide is general information from a qualified physiotherapist and is not a diagnosis or a substitute for an in-person assessment. If you have severe pain, heavy bleeding, signs of infection, or any symptom that worries you, please see your doctor. [Final disclaimer wording to be confirmed by Kinetika's Medical Director per DHA requirements.]