

## Women's Health: Caring for Mums – Ref 308

Steven Bruce 19:39

Good evening and welcome once again, tonight's topic is something which I feel is particularly important for our clinical skills. It's an area where the NHS and to be honest, most private care lets its patients down especially women. Yet it's an area where we could all contribute really meaningfully and possibly improve the quality of life of Honestly just through the application of some relatively simple principles, and probably the the main focus of tonight's show will be on so called leaky ladies. You know, generally women who end up with stress incontinence, especially after childbirth. Usual Care means that they're told to do pelvic floor exercises. And when that doesn't work, they're just left with a lifetime of worry and embarrassment. So wouldn't it be great if you if we could show them how to overcome that problem? The techniques aren't limited to women in that particular situation, even limited to women. But I've got Nicky Scott with me and Richard Peterson in the studio, Nicky for the second time to talk about what is rather obscurely called hyper pressive training. So good evening, Nicky. Good evening, Richard. You're both master trainers in hyper depressives. Nikki, you're also a professional dog strangler. What's happened to your hand before we go any further

Nikki Scott 20:51

making my dog away from another dog? Cause? Have I have ruptured the collateral ligament, my phone? Oh, gosh, that's all been fixed now. And I'm another five weeks in my casts. Sing it?

Steven Bruce 21:07

Well, as I say, welcome back. Because I was really I was really, I'd say, enthralled by the show that we did last time, which we did with an osteopath as your sort of CO presenter, if you like, didn't we? Richard, what's your involvement with hyper pressive?

Richard Peterson 21:22

So Nikki, and I went on the very first type of prestigious course in the UK. And very quickly, we realised there was a huge market for it. So together we start Okay, hi, pressive. So, how long have you been 2012? So, yeah, yeah, so a decent amount of time. So we just started, we started training. We thought we're in the best position to start training. But we thought we would be personal trainers. But actually, it's turned out not to be personal trainers. It's turned out to be osteopaths and chiropractors and physiotherapists and Pilates yoga teachers,