



# MyPathway

## Self-refer for Antenatal Physiotherapy to...

...book  
and track  
appointments

...access  
self help  
information

Refer yourself to  
a Women's Health  
Physiotherapist  
for treatment  
of pregnancy  
related...

...Pelvic pain  
Low back pain  
Bladder problems  
Hand swelling

For more information and to self-refer visit  
[mypathway.care/sth/antenatal](https://mypathway.care/sth/antenatal)

