

# Physiotherapy advice after a 3rd or 4th degree tear during childbirth

## Pelvic Health Physiotherapy

Information for Patients

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### Why have I been given this leaflet?

Most women tear to some extent during childbirth.

A member of the Pelvic Health Physiotherapy Team has provided you with this information as you have had a **3rd or 4th degree perineal tear**. The perineum is the area between the vaginal opening and the anus. This leaflet will direct you to aftercare advice for your perineum.

### How can physiotherapy help?

Physiotherapy and pelvic floor exercises can help to increase the circulation of blood to the area, strengthen your muscles and aid the healing process.

Pregnancy and childbirth can cause the pelvic floor to become weakened. The pelvic floor muscles lie at the base of your pelvis forming a 'floor'. They stretch like a hammock from the pubic bone in front to the bottom of the spine at the back. They encircle the openings of the bladder, vagina and anus and support the pelvic organs. The pelvic floor muscles work steadily all day to stop leakage from the bladder and bowel when we cough, laugh, sneeze or have an urge to go to the toilet.

It is important that pelvic floor muscle exercises are done regularly to strengthen them after childbirth, and to reduce the risk of future problems such as incontinence or pelvic organ prolapse.

### Where can I find further information?

See overleaf for links to leaflets produced by other organisations which have helpful information. You can either scan the QR code with your smart phone or follow the weblinks.

**This information should be used alongside the support and advice provided by your doctors, midwives and physiotherapists.**

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

- This leaflet produced by the Royal College of Obstetricians & Gynaecologists (RCOG) aims to help you understand your perineal tear and provides further advice on management and care of the area:

<https://www.rcog.org.uk/media/ggyfresz/pi-care-of-third-and-fourth-degree-tears-oasi.pdf>

Or from their homepage [www.rcog.org.uk](http://www.rcog.org.uk) search 'tear' and look for the patient leaflet 'Care of a third- or fourth-degree tear that occurred during childbirth (also known as obstetric anal sphincter injury OASI)'.



- This leaflet called 'Fit for the Future - essential advice and exercises following childbirth' is produced by Pelvic Obstetric and Gynaecological Physiotherapy (POGP):

[https://thepogp.co.uk/userfiles/pages/files/resources/211721pogpfffuture\\_signed\\_off.pdf](https://thepogp.co.uk/userfiles/pages/files/resources/211721pogpfffuture_signed_off.pdf)

Or from their homepage [www.thepogp.co.uk](http://www.thepogp.co.uk) look for it under the patient information booklets section.



- Information about the pelvic floor muscles and how to exercise them is available in this leaflet called 'The Pelvic Floor Muscles - A Guide for Women':

[https://thepogp.co.uk/userfiles/pages/files/resources/20818\\_pogp\\_pelvicfloor\\_for\\_women\\_signed\\_off\\_1.pdf](https://thepogp.co.uk/userfiles/pages/files/resources/20818_pogp_pelvicfloor_for_women_signed_off_1.pdf)

Or from their homepage [www.thepogp.co.uk](http://www.thepogp.co.uk) look for it under the patient information booklets section.



## Contact details

Physiotherapy Departments:

- Leicester General Hospital - 0116 258 4070
- Leicester Royal Infirmary - 0116 258 5816

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)