

Orlaith Kilgannon

Pelvic Health West

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Orlaith Kilgannon had been working as a physiotherapist in the UK when she made the decision in July 2023 to start her own business back home in Galway.

The result is Pelvic Health West, a specialist clinic based in Oranmore providing physiotherapy and Pilates for women to prevent and manage symptoms of pelvic floor dysfunction. "In Ireland, people are willing to help you. I was very lucky with getting a premises. That was the first thing I did. The second thing was get an accountant which helped me to register the company and really start things off," says Orlaith, who has a undergraduate degree from NUIG and a master's degree in physiotherapy from the University of Birmingham.

Previously recognised by the Network Ireland Galway Awards as an Emerging Businesswoman of the Year, Orlaith plans to continue to grow Pelvic Health West through recruitment of physiotherapists to give the women in the West of Ireland further access to pelvic health physiotherapy services. "I've got such good feedback from clients, including one woman whose symptoms prevented her from stepping outside her front door. A month after our session, she contacted me to say that her life had been changed. That was a fantastic moment," she says.

Orlaith says she feels "very fortunate" to have been granted a place on the ACORNS programme, adding that the experience allowed her to connect and gain peer support from an exceptional group of like-minded women from around Ireland.

She continues: "During my time in ACORNS, I have launched an online booking system which in turn increased bookings and launched four online Pilates programmes increasing access to women and creating financial security. The invaluable guidance from my lead entrepreneur and my peers from the round table discussions have inspired my passion and drive to continue to strive towards my vision for Pelvic Health West and the future of women's health."

