

## WOMEN'S HEALTH PHYSIOTHERAPY @ STACK PHYSIO – PATIENT INFO SHEET

### ***What is Women's Health & Pelvic Health Physiotherapy?***

**Physio that specialises in the assessment, treatment, and management of:**

- Pelvic pain
- Bladder and bowel leakage
- Bladder and bowel urgency
- Constipation
- Prolapse
- Sexual dysfunction
- Endometriosis

**Pregnancy**

- Education
- Exercise guidance and modification
- Treatment to relieve musculoskeletal body aches and pains

**Postpartum**

- Education
- Management of early bladder and bowel symptoms
- Abdominal rehabilitation and appropriate exercise guidance
- Ultrasound therapy for management of blocked breast ducts

**Menopause**

- Managing any pelvic symptoms that may flare up at this time
- Modifying your exercise, to make it targeted and achievable

*\*Women's Health Physiotherapists undergo Postgraduate Masters level training to provide these services. They will see both female and male patients.*

### ***What happens in an initial session?***

The first session is usually an hour long. We will take the time to get a thorough history and hear your full story first. We may then assess the pelvic floor. This can be done non-invasively with Real-Time Ultrasound on your abdominal area, or internally for a more thorough assessment. Patients always have the option for what type of assessment they would like. For patients presenting with bowel or bladder challenges it is common to ask you to try and take a basic diary of your bladder and bowel movements for a few days.

***What is usually involved in treatment?***

- Bladder and bowel**
- We may modify your fluid intake
  - We will take a look at your diet and daily routine
  - We may recommend appropriate fibre supplements or stool softeners for bowel management
  - We will teach you techniques to correctly empty your bladder and bowel
  - Pelvic floor training
- Pelvic Pain**
- Manual therapy of the back and pelvis
  - Internal pelvic release work of the pelvic floor muscles (always optional)
  - Exercises to desensitise your pelvic pain
  - Education about pelvic pain and all the things that can be contributing
- Sexual Dysfunction**
- Education about our body's arousal process and the things that can contribute and interfere with its process
  - Guidance in working through these barriers and treating any pelvic pain symptoms that may be contributing

***How do I book?***

You can book in for appointments with Lillie Pearse, our Women's Health Physiotherapist, online or through reception – please call us on 9320 3211 for bookings and more information.

[stackphysio.com.au/book-an-appointment](https://stackphysio.com.au/book-an-appointment)

***How much does it cost?***

Initial assessment – \$160 (one hour appointment)

Follow up appointments – \$130 (45 minute appointment)