

## WHAT TO DO NOW?

Call for a specialised individual assessment.

At Physiocise Jemma McGeachie, Dimity Thompson and Maria King are our highly experienced women's health practitioners.

We now have a specialised space to offer pelvic floor assessments at our Willoughby studio.

This great service is available for existing clients or for new ones.

Contact our office to book in to see one of our **WOMEN'S HEALTH** specialist physiotherapists.

**physiocise**<sup>™</sup>  
your **BODY** your **LIFE**

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## WOMEN'S HEALTH

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## An integrated whole-body approach to women's health

### Why?

- **84% of incontinence can be treated with physiotherapy.** (Neumann et al 2005. Australian and New Zealand Journal of Obstetrics and Gynaecology)
- **Evidence show people with back pain have a significant decrease in pelvic floor function.** (Arab et al June 2010)
- **Evidence shows many people do not "get" a pelvic floor contraction right with verbal cues alone.** (Eliasson et al 2008)

## PELVIC FLOOR PROBLEMS ARE COMMON, BUT SHOULDN'T BE CONSIDERED "NORMAL"

*The experts in everyday habits at Physiocise now provide an integrated whole-body approach focused on women's health.*

*We have have all the latest assessment tools and in-house facilities with a view to long term mind-body rehabilitation.*

**What does a pelvic floor assessment do for you?**

- Check your pelvic floor is working!
- Get personalised cues for better core activation
- Neural reprogramming
- Treat prolapse
- Prevent prolapse – the younger the better as it is possible to predict the likelihood of prolapse and then prevent it
- Treat pain
- Teach strengthening
- AND GET ADVICE ON EVERYDAY HABITS



**Who is most at risk?**

- Any woman with weakness or damage to the pelvic floor muscles
- Any woman who has given birth (naturally or caesarean), especially a complex birth with forceps etc
- Anyone with a history of chronic respiratory conditions or chronic constipation
- Anyone with a history of regular heavy lifting
- Elite or high level athletes, especially high impact sports like athletics, running, gymnastics etc

Find out more:  
[physiocise.com.au](https://www.physiocise.com.au)

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