

# WOMEN'S HEALTH AND PELVIC FLOOR PHYSIOTHERAPY

At Alphington Sports Medicine Exercise + Rehabilitation we aim to cater for women at every stage of life, from pre or post-natal through to managing the natural challenges that occur as we age.

Whatever stage of life you are in, we can help you through this time.

Our experienced Women's Health Physiotherapist understands the unique and often complex array of disorders that women can experience and can therefore provide thorough assessment and expert treatment options catered to your individual needs.



## Pregnancy, Birth and Beyond

Pregnancy can have a profound and lasting effect on your body, with many women experiencing physical changes and potentially discomfort at differing stages of their pregnancy. However, this discomfort doesn't need to stop you from enjoying this special time.

Our experienced Women's Health Physiotherapist can help you with:



- Birth preparation & post-natal recovery education
- Pregnancy related back & neck pain
- Pelvic pain (instability)
- Abdominal muscle separation (DRAM)
- Carpel tunnel, wrist & thumb pain
- Mastitis (blocked milk ducts)
- Pregnancy group exercise classes
- Return to sport & exercise after child birth.

## Pelvic Floor

### Pelvic Floor Function

Your pelvic floor is a group of muscles that assist in the maintenance of continence and support your pelvic organs and pelvis. They also play a role in sexual function and pleasure.

### Signs Of Pelvic Floor Dysfunction.

- Bladder / bowel urgency +/- Frequency
- Incomplete emptying of bladder or bowel
- Urinary or fecal incontinence
- Dragging / bulging sensation
- Painful intercourse
- Difficulty in achieving orgasm.



### Did You Know?

- 1 in 3 women experience urinary incontinence
- 1 in 3 will have pelvic organ prolapse
- That pelvic floor weakness is not always the cause and that there is more to pelvic floor exercises and rehabilitation than 'kegals'.

## How Physiotherapy Can Help?

While the above symptoms are common, they are not normal, and help can be found. A Women's Health Physiotherapist will provide a detailed assessment to determine the cause of these symptoms and will work with you to create a tailored treatment plan to assist in managing your symptoms.



**Appointments with: Laura Yammouni,  
Titled Continence and Women's Health Physiotherapist.**

339 Heidelberg Road, Northcote

Ph: 9481 5744

[alphingtonsportsmed.com.au](http://alphingtonsportsmed.com.au)

@AlphSportsMed

**ALPHINGTON  
SPORTSMEDICINE  
EXERCISE + REHAB**