

WOMEN'S, MEN'S & PELVIC FLOOR PHYSIOTHERAPY

At Alphington Sports Medicine Exercise + Rehabilitation we provide pelvic health support and treatment for women, men and children.

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



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.

Do you experience:

- Bladder / bowel urgency +/- frequency
- Incomplete emptying of bladder or bowel
- Urinary or fecal incontinence
- Dragging / bulging sensation
- Pelvic Pain
- Painful intercourse
- Difficulty in achieving orgasm
- Difficulty in achieving or maintaining an erection
- Bed wetting.



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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.

How we can help:

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



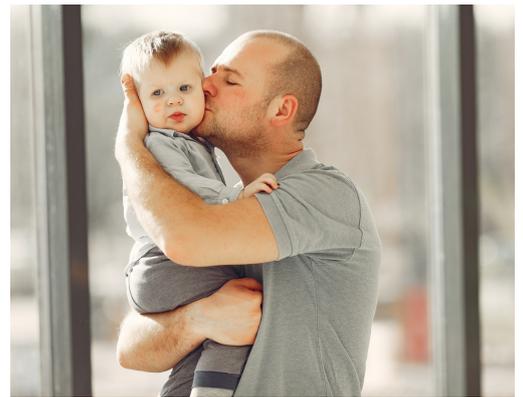
Cancer Rehabilitation

Diagnosis of cancer has a profound effect not only on the human body but the mind as well.

Our Women's Health Physiotherapist has unique insight into the cancer journey, as well as an understanding of patient treatment options and treatment side effects.

We can help you with:

- Rehabilitation pre and post surgery
- Scar tissue
- Regain mobility, strength and endurance
- Reduce fatigue
- Pelvic floor rehabilitation including incontinence
- Managing stress and anxiety
- Lymphodema management
- Regain self confidence.



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

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