

PHYSIO4ALL

revitalise – bounce – be healthy

Women's Health

Women's Health at PHYSIO4ALL

Incontinence can affect 1 in 3 women who have had a child, and have serious social and emotional effects. Pelvic organ prolapse can cause serious discomfort, constipation and even pain in some instances. Here, at PHYSIO4ALL, we have put together a program that can aid in the relief of symptoms, as well as the tools to help women better manage their condition.

PHYSIO4ALL offers 2 services:

- *The assessment & treatment of urine incontinence.
- *The assessment and treatment of prolapse.

Incontinence is assessed in 2 ways. Bladder charting and observing the bladder's behaviour over 3 days give an indication as to what type of incontinence the woman is suffering from. Some types are treated by giving advice on diet, fluid intake and lifestyle modifications. Other types are treated with pelvic floor exercises. An examination of the pelvic floor will decipher if the muscles are weak and in need of rehabilitation. An individualised pelvic floor rehab plan will then be drawn out for each patient and progressed weekly. Faecal incontinence can also be treated in this way but with far less success.

Pelvic organ prolapse cannot be reversed. However, increasing support of the pelvic organs by increasing the strength of the pelvic floor can stop the prolapse from worsening (especially anterior wall prolapse like cystocele and urethrocytocele). For many women, this provides relief from their symptoms (discomfort, constipation, pain in some instances) and they do not go on to require surgery. Again, the pelvic floor is assessed and treated with pelvic floor exercises.

Treating Physiotherapist

Katrina has experience treating a wide range of musculoskeletal conditions. She enjoys leading a healthy and active lifestyle, and also has a special interest in continence rehabilitation and Women's Health.

Initial Consultations

Half hour consultation which includes a detailed examination of the pelvic floor, analysis of bladder function through bladder charting and a specific pelvic floor exercise program.

Standard Consultations

Half hour consultation which will include a re-assessment and progression of your specific pelvic floor exercise program. Patients will need between 5 to 10 follow-up sessions depending on clinical findings.

Costs

Initial Consultation (1/2 hr)	\$100.00
Standard Consultation (1/2 hr)	\$90.00

Health Fund Rebates apply for all consultations. HICAPS is available on-site and rebate depends on the health fund.

Making an appointment

To ensure patient privacy and comfort all Women's Health consultations with Katrina will take place when only the female receptionist is present in the clinic.

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