

Women's Health Physiotherapy

What is Women's Health Physiotherapy?

Women's Health physiotherapists specialise in the treatment of the pelvic floor muscle, they will mostly focus on what goes wrong when the pelvic floor muscle stops functioning correctly or becomes weak.

What does a women's health physio treat?

- **Stress Incontinence/Urge Incontinence:** leaking of urine when you laugh/cough/sneeze or when you can't get to the toilet on time.
- **Faecal Incontinence:** leaking of faeces with exertion or urgency.
- **Prolapse Symptoms:** the feeling of heaviness or dragging sensation underneath caused by pelvic organs not sitting correctly
- **Post-operation:** such as after a hysterectomy or a prolapse repair
- **Ante-natal conditions:** lower-back or pelvic pain during pregnancy, varicose veins, carpal tunnel syndrome, we also complete FitRight Assessments for their pregnancy exercise classes.
- **Post-natal conditions:** scarring post childbirth, C-section recovery, incontinence, mastitis, pelvic pain, we also complete FitRight assessments for their post-natal Pilates classes.
- **Diastasis Recti:** separation of the abdominal wall after pregnancy.
- **Lower back/chronic pelvic pain:** any female patient with history of chronic pelvic pain that has previously been investigated
- **Painful intercourse:** anyone describing pain with sex
- **Constipation:** chronic slow transit. Women's health physios use visceral massage techniques to help improve bloating and slow transit or difficulty passing stools.
- **Breast Care:** mastitis (blocked milk ducts post bubs) post-surgical procedure (normally to remove cancerous tumours or the entire breast)
- **Pilates:** one on one mat work to help with core strength and pelvic floor strength

FAQ for Women's and Men's Health Physiotherapy

Why is it more expensive?

Appointment times are longer than standard physiotherapy and this is due to the complex nature of the conditions. Also, the physiotherapists are specialists so have undergone post-graduate training to be able to treat these issues.

Is it covered by Medicare?

Yes, with an EPC from their GP, patients can still see a WH physio but the initial assessment is limited to 30mins and there is a standard flat rate charge of \$75 therefore patients will need to pay the GAP.

Are Health fund rebates available?

Yes, on the spot rebates are available.

What does treatment involve?

Treatment involves taking a very detailed history then going onto examine the pelvic floor muscle internally or using the real time ultrasound scanner, it then can be decided the most appropriate form of treatment. This may be in the form of biofeedback, muscle stimulation, internal work, visceral massage and bladder/bowel retraining.

Men's Health Physiotherapy

What is Men's Health Physiotherapy?

Women's and Men's health physios specialise in the treatment of the pelvic floor muscle. This is very similar to women's health physiotherapy in terms of treating the problems that occur when the pelvic floor muscle no longer functions or gets weak.

What conditions are treated?

- **Stress Urinary Incontinence:** leaking of urine with cough/sneeze or not getting to the toilet on time
- **Urgency/Frequency:** going to the toilet all the time
- **Pelvic pain:** pain within the pelvis or associated with sexual intercourse
- **Erectile Dysfunction:** problems with getting and or maintaining erection function (this can very often be a problem with the pelvic floor muscles)

- **Pre and Post Prostate surgery:** Any man that is undergoing or has undergone prostate surgery should have physiotherapy to restore pelvic floor muscle function as men are frequently left with continence issues post operation.