



WOMEN'S HEALTH

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(02) 4954 5330

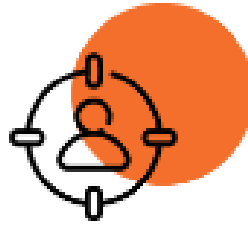
Our Values



QUALITY



CONTINUAL
IMPROVEMENT



CLIENT
FOCUS



TEAM
FOCUS

We are thrilled to introduce our Women's Health Physiotherapy service, which is dedicated to providing women with specialised care and support throughout their various life stages. Our clinic is staffed by an experienced and compassionate physiotherapist Jess Dingle who is trained to address a wide range of women's health concerns, including pre-natal and post-natal care, as well as midlife changes like early, peri, and menopause.



Pre-natal Women's Health

Pregnancy can be a transformative time in a woman's life, but it can also be accompanied by a range of physical and emotional challenges. Our pre-natal women's health services are designed to help women maintain their physical health and well-being throughout their pregnancy and prepare them for childbirth. Some of the common pre-natal concerns that we can address include:

● **Pelvic pain and discomfort:**

We offer a range of treatments for pelvic pain and discomfort during pregnancy, including manual therapy, bracing, acupuncture, and kinesiology taping. Jess can also provide education on posture, safe lifting techniques, and exercises that can help alleviate pain and discomfort.

● **Lower back pain:**

Lower back pain is a common concern during pregnancy, and our Jess is trained to provide effective treatment and management strategies. We offer a range of treatments for lower back pain, including manual therapy, exercises to improve posture and core strength, and education on proper body mechanics.

● **Diastasis recti:**

Diastasis recti is a separation of the abdominal muscles that can occur during pregnancy. Jess can provide education on proper exercises and movement patterns to help prevent or manage diastasis recti.

● **Pelvic floor weakness or dysfunction:**

Pregnancy and childbirth can put stress on the pelvic floor muscles, leading to weakness or dysfunction. Our physio can assess your pelvic floor and provide pelvic floor exercises, biofeedback, and education on lifestyle modifications that can help improve pelvic floor function and prevent incontinence.

● **Preparation for childbirth:**

Jess can provide education on labour and delivery, including breathing techniques, relaxation exercises, and positions that can help facilitate a smoother delivery.

Post-natal Women's Health

The post-natal period can also be a challenging time for women, as they adjust to the physical and emotional demands of caring for a newborn while recovering from childbirth. Our post-natal women's health services are designed to support women in their recovery and help them regain their strength and mobility. Some of the common post-natal concerns that we can address include:



● **Diastasis recti:**

Diastasis recti can persist after childbirth, and we can provide effective treatment and management strategies to help close the separation and restore abdominal strength.

● **Pelvic floor weakness or dysfunction:**

Postpartum pelvic floor weakness or dysfunction can lead to incontinence, pain during intercourse, and other concerns. Jess can provide pelvic floor exercises, biofeedback, and education on lifestyle modifications that can help improve pelvic floor function.

● **Lower back and pelvic pain:**

Lower back pain can persist after childbirth due to the physical demands of caring for a newborn. Jess can provide effective treatment and management strategies, including manual therapy, exercises to improve posture and core strength, and education on proper body mechanics.

● **C-section scar management:**

Jess can provide education on proper scar management techniques and exercises that can help prevent adhesions and improve scar mobility.

● **Breastfeeding posture and support:**

Jess can provide education on proper breastfeeding posture and positioning to prevent back pain and other discomforts associated with nursing. We can also provide support and education on strategies to prevent or manage common breastfeeding concerns such as mastitis and engorgement.

● **Return to exercise:**

Jess can provide an assessment and guidance on when and how to safely return to exercise, including high impact exercise after childbirth. We can help women develop a postpartum exercise plan that is tailored to their individual needs and goals, and provide education on proper form and technique to prevent injury.

Midlife Changes - Early, Peri, and Menopause

As women enter midlife, they may experience a range of physical and emotional changes associated with hormonal fluctuations. Our midlife women's health services are designed to support women during this time of transition and help them maintain their physical and emotional well-being. Some of the common midlife concerns that we can address include:



● **Menopausal symptoms:**

We can provide education and support for women experiencing symptoms such as hot flashes, night sweats, mood changes, and sleep disturbances. We can also provide education on lifestyle modifications and supplements that may help alleviate these symptoms.

● **Pelvic floor changes:**

Hormonal fluctuations can lead to changes in pelvic floor function, including incontinence and pelvic organ prolapse. Jess can provide pelvic floor exercises, biofeedback, and education on lifestyle modifications that can help improve pelvic floor function and prevent these concerns.

● **Osteoporosis prevention:**

As women age, they become more at risk for osteoporosis. Jessica can provide education on proper exercise and nutrition to help prevent osteoporosis and maintain bone health.



● Pelvic floor weakness dysfunction

Hormonal changes can also affect sexual health, leading to concerns such as vaginal dryness, pain during intercourse, and reduced libido. Jess can provide education and support for women experiencing these concerns and provide strategies to manage them.



At our clinic, we are committed to providing women with the highest quality care and support throughout all stages of life. We believe that by addressing women's unique health concerns, we can help them live healthy, happy, and fulfilling lives.



www.advancedphysio.com.au

02 4954 5330



Unit 2 Building 2, 335 Hillsborough Rd,
Warners Bay NSW, 2282

If you are interested in learning more about our women's health physiotherapy services or would like to schedule an appointment, please contact us at reception@advancedphysio.com.au.

Alternatively you can book online at https://auappts.gensolve.com/advanced_physiotherapy,
or call the clinic 49545330