



## WOMEN'S HEALTH PHYSIOTHERAPY

WHERE TO FIND US...



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# WHAT IS WOMEN'S HEALTH PHYSIOTHERAPY?

**Woman's Health Physiotherapy is a large umbrella term covering many conditions including but not limited to;**

- assessment & treatment of pelvic organ prolapse
- retraining muscle tears following childbirth
- sexual dysfunction
- assisting with a vast array of pregnancy related issues
- back or pelvis pain during & after pregnancy
- exercise pre and post pregnancy
- how to manage gestational diabetes & bladder and bowel incontinence (leakage)
- management of constipation.

## WHAT CAN PHYSIOTHERAPY DO?

Physiotherapists trained in Woman's Health can assess and treat the problems mentioned above externally and internally through muscle retraining, education, behaviour retraining and referral if necessary.



## WHO WORKS IN WOMAN'S HEALTH AT BACK IN MOTION?

Ingrid Vollweiler has a special interest in **WOMEN'S HEALTH PHYSIOTHERAPY** and has undertaken training in Australia. Ingrid believes many issues in woman's health are left unresolved and is aware that physiotherapy can make a significant change in woman's lives and help them enjoy a greater quality of life.

Ingrid has a Bachelor of Physical Education from the University of Otago and a Masters of Physiotherapy Studies from the University of Queensland.



## WOMAN'S HEALTH PHYSIOTHERAPY COSTS

| APPOINTMENT TIME | PRIVATE COSTS | ACC COSTS |
|------------------|---------------|-----------|
| 20 minutes       | \$40.00       | \$26.00   |
| 40 minutes       | \$80.00       | \$49.00   |
| 60 minutes       | \$120.00      | \$78.00   |

To make an appointment today with Ingrid at Back in Motion, Centre City Clinic.