

Our physiotherapists



Naomi Gill

Masters in Rehabilitation (Continence Care) and over 15 years of clinical experience.



Chelsey Rothall

Completing her Masters in Continence and Pelvic Health at Curtin University.



Sophie Dunnet

Masters in Clinical Physiotherapy (Continence & Women's Health) and 15 years clinical experience.

We look forward to helping you to **find solutions** to your **pelvic health concerns** and improve your **quality of life**

Limestone Coast
PELVIC HEALTH

For all appointments or enquiries, please contact **Good Country Physiotherapy**



LOCATIONS:

Bordertown 8752 2330

Naracoorte 8762 1515

Keith 8755 1530

Kingston SE 8767 4600

Millicent 8767 4600

Price list can be found on our web site.

www.limestonecoastpelvichealth.com.au

 [goodcountryphysiotherapy](https://www.facebook.com/goodcountryphysiotherapy)

 [@limestone_coast_pelvic_health](https://www.instagram.com/limestone_coast_pelvic_health)



For women, men and children of all ages

Limestone Coast
PELVIC HEALTH

Treating pelvic health conditions including continence, prolapse and pelvic pain.

A service provided by



Limestone Coast Pelvic Health works with adults and children of all ages to improve their pelvic health

What can we help with?

Bladder concerns

- Leakage with coughing, sneezing and/or exercise
- Leaking on the way to the toilet
- Urgency to get to the toilet

Bowel concerns

- Constipation
- Urgency
- Leakage

Prostate surgery rehabilitation

- Prostate surgery prehabilitation
- Pelvic floor exercises
- Managing and improving incontinence after surgery

Pelvic Pain

- Pelvic girdle pain in pregnancy
- Pain with sex
- Endometriosis related pain
- Bladder related pain
- Scrotal/penile pain

Pelvic Organ prolapse

- Heaviness or dragging sensation in the vagina
- Pessary fittings

Pregnancy and post natal recovery

- Pregnancy aches & pains
- Safe exercise in pregnancy
- Abdominal separation
- Individualised plan for returning to exercise
- Mastitis treatment

What kind of treatments do we provide?

Education and Advice

- Lifestyle changes to improve your symptoms
- Helpful strategies to manage your symptoms
- Help to normalise bladder and bowel function

Progressive pelvic floor exercises tailored to help you and your symptoms

- Reduce bladder or bowel leakage
- Return to exercise or sport
- Reduce symptoms of prolapse
- Learn to relax your pelvic floor and reduce pain

Physical supports

- Massage and soft tissue treatments
- Fitting of abdominal supports during or after pregnancy
- Pessary fitting to manage the symptoms of prolapse

How do we assess you?

The initial assessment involves a detailed discussion of

- What is important to you and your goals
- Signs and symptoms
- Medical and gynaecological history

Our assessments may involve

- For women, a visual or internal examination of the vagina and pelvic floor and/or an ultrasound examination of the pelvic floor.
- For men, a visual examination of the penis/ scrotum and/or an ultrasound examination of the pelvic floor.

Please note: these examinations are optional and your consent is always required.

Do I need a referral?

Referrals are not required to make a Pelvic Health Physiotherapy appointment.

If you have private health insurance, you may be eligible to claim part of your appointment cost.

You may wish to discuss with your GP if you are eligible to access Medicare rebates on your consultation fees via the Chronic Disease Management program.

Services can be accessed through NDIS funding.

For more information about appointment costs visit our website or call your nearest clinic.

