



SUBIACO
Women's health

Women's

Health *Service*

Directory



Pelvic Health

Physiotherapy



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Information Sheet

How can a physiotherapist help you?

Your initial assessment involves taking a comprehensive history to outline all factors contributing to your problem. Depending on your condition, our physiotherapist may recommend an internal vaginal or rectal examination for optimal assessment. This is NOT compulsory, and there are other ways in which you can be assessed such as the real-time ultrasound where the probe is placed over the abdomen.

These tools will help the physiotherapist understand what is going on and to show you how best to use your pelvic floor muscles. Depending on your problem, you may also be offered some hands-on treatment to improve movement, reduce muscle tension and pain, and speed up your overall recovery. You will also be given exercises to do at home to help achieve your goals and guide self management. All consultations are conducted in a private and supportive environment.

Incontinence

Incontinence is the accidental loss of urine from the bladder or bowel. There are different types of incontinence, e.g.:

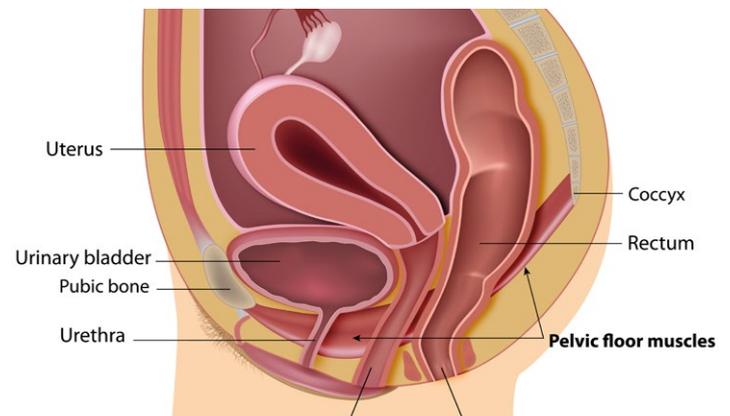
- Stress incontinence is bladder or bowel leakage on coughing, sneezing, laughing or during exercise or sport
- Urge incontinence is bladder or bowel leakage associated with a strong and sudden urge to empty the bladder or bowel

Risk factors:

- Pregnancy and childbirth
- Menopause and aging
- Chronic constipation
- Chronic coughing
- Being overweight
- Recurrent bladder infections and pelvic or gynaecological surgery

Treatment:

- There is compelling evidence that physiotherapy is effective and should be first-line treatment for incontinence
- Treatment involves training of the pelvic floor muscles; in some cases, the pelvic floor may be overactive, and in others, it may be underactive
- Research also shows that adopting a healthy lifestyle including regular physical activity, sleep, diet, and stress management will optimise your recovery





Pelvic

Care

Prolapse

Pelvic organ prolapse is a condition where the bladder, bowel or uterus protrudes into the vagina. This can cause symptoms such as vaginal heaviness or dragging, the sensation of bulging into the vagina, difficulty emptying the bowel or bladder, discomfort with sexual intercourse and low back or pelvic pain.

Risk factors:

- Childbirth
- Menopause and aging
- Constipation
- Being overweight
- Chronic coughing
- Heavy lifting
- Previous gynaecological surgery

Treatment:

- There is strong evidence for physiotherapy treatment which may include:
 - Identification and modification of factors that may be aggravating your symptoms
 - Pelvic floor muscle training
 - Bladder or bowel retraining
 - Addressing lifestyle factors such as physical activity, sleep, diet and stress
- A plan for self-management is the key to long term success

Pelvic and sexual pain

Pelvic pain can develop suddenly or over time in the pelvic region, abdominals, pelvic floor and/or pelvic organs. Once serious issues have been ruled out, pelvic pain may be associated with many factors such as acute inflammation, pelvic/abdominal surgery, emotional/psychological triggers, past experiences, genetics and general health.

Treatment:

- Pelvic floor relaxation
- Pelvic floor muscle releases
- Bowel and bladder optimisation
- Guided dilatory therapy
- Improving breathing control
- Managing psychological contributors
- Addressing lifestyle factors such as physical activity, sleep, stress and exercise

If you would like more information, please call today on **08 9382 9600** and one of our physiotherapists will be happy to help you.

Antenatal & Postnatal Care



Information Sheet

The **childbearing year** is a time when the female body undergoes many changes. A women's health physiotherapist may be able to help you with these changes, both antenatally and with recovery postnatally.

Antenatal care

- Our physiotherapists assess and treat all pregnancy-related musculoskeletal conditions including pelvic girdle pain, back pain, pubic pain, and wrist/hand conditions. Treatment can involve hands-on therapy, activity modifications, bracing or splinting and prescription of home exercises
- Treatment also involves assessment and management of the pelvic floor using real-time ultrasound, even for women who have no leaking or pelvic floor dysfunction and just want to make sure they are doing their exercises correctly
- Women's Health Subiaco also run pregnancy hydrotherapy and pilates classes which may be suitable for you

Postnatal care

- Below are areas your physiotherapist can provide education on, help to treat and manage after the birth of your baby:
 - Nipple, breast and perineal treatment
 - Pelvic floor muscles
 - Bowel and bladder care
 - Abdominal muscle separation
 - Safe return to exercise

- Management will be tailored to you based on the type of delivery you have had, and the nature of your recovery
- Women's Health Subiaco also run postnatal Mums and Bubs hydrotherapy and pilates classes which may be suitable for you

Exercising during the childbearing year

- Whilst it is an important time to maintain physical activity, often there may be medical limitations. It is necessary for all pregnant women to have a referral from a GP or obstetrician prior to attending our antenatal classes
- You do not require a referral for postnatal exercise, but need to have seen your GP or obstetrician first, to make sure that you are safe to return to exercise
- If you require further information about any of our classes, please speak to the reception staff or your physiotherapist

Ask at reception or call today on **08 9382 9600**



Antenatal/

Postnatal Classes

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Important Information

Subiaco Women's Health offers a variety of exercise options for pregnant women and new mothers wanting to maintain their fitness and strength during this special time.

Antenatal/Postnatal Hydrotherapy

Antenatal - Classes enable you to exercise safely in a buoyant environment throughout your pregnancy.

Postnatal - Our heated hydrotherapy pool affords you and your baby the comfort of experiencing water in a safe, relaxed and fun group environment. The first 20 minutes of class is a session with parent (either Mum or Dad) and baby. After a 15-20 minute break Mums return to the pool for a 45 minute fitness session. Babies are supervised poolside by a staff member. This class is suitable for immunised babies from 8weeks through to 6months old.

Advanced Postnatal - A progression from Postnatal Hydrotherapy, this high intensity class is suited to Mums who are ready for a step up and want to keep exercising in the pool after their babies are 6 months old. This class is for mothers only.

These classes focus on global strengthening and aim to improve cardiovascular fitness and are conducted by qualified physiotherapists with experience in women's health.

Ask at reception or call today on **08 9382 9600**

Antenatal Hydrotherapy

Monday	6pm-7pm
Tuesday	6pm-7pm
Wednesday	6pm-7pm
Thursday	6pm-7pm

Postnatal (Mums & Bub) Hydrotherapy

Monday	1pm-2.30pm 2.30pm-4pm
Tuesday	10.30am-12pm
Wednesday	1pm-2.30pm
Thursday	1pm-2.30pm
Friday	10.30am-12pm

Advanced Postnatal Hydrotherapy

Tuesday	7pm-8pm (mums only)
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Antenatal/

Postnatal Classes

Important Information

Antenatal/Postnatal Pilates Classes

Antenatal pilates classes incorporate a fusion of matwork and reformer based exercises that target strength, cardiovascular fitness and dynamic postural control and stability.

Our qualified physiotherapists instruct the class with emphasis on technique, breathing, and function to keep you safe, healthy and strong during your pregnancy and postpartum. All classes require a prior assessment with a qualified women's health physiotherapist.

Our postnatal pilates classes incorporate a fusion of mat and reformer-based exercises designed to help with early postnatal recovery. These classes are suitable for mums from 6 weeks to 6 months postnatal and are designed to be fun, social and appropriately challenging.

Classes are led by a women's health physiotherapist as we recognise that many women are still healing and require modifications in the early stages after giving birth, so moving your body under the guidance of a specialist will help set you up for success!

Our classes do not require a prior postnatal assessment with a women's health physiotherapist, but we highly recommend it. Mums may bring their newborns if they do not have a baby sitter.

Ask at reception or call today on **08 9382 9600**

Antenatal Pilates

Tuesday 5.30pm-6.30pm

Postnatal Pilates

Tuesday 12.30pm-1.30pm





Clinical Pilates



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Important Information

Clinical Pilates is a form of exercise designed and directed by specially-trained physiotherapists to restore optimal control during movement.

Movement dysfunction (or the loss of control) often precedes pathology or injury. The presence of pain can further alter the body's ability to adequately perform the functional movements required in everyday life.

Spinal pathologies are typically load sensitive as well as direction sensitive. Unloading the pathology and identifying the provocative direction is key to rehabilitating neck, back and pelvic problems.

Clinical Pilates is a form of exercise designed to promote early muscle recruitment at low levels of load to optimize control and correct dysfunction.

At Subiaco Women's Health we specialize in prescribing exercise programs using clinical pilates methods to achieve the necessary spinal loading modification and direction specificity. This approach allows for graded progression and goal setting.

We begin with a careful and thorough clinical pilates assessment which determines load and direction tolerance. Our patients then undertake intensive supervised sessions under the guidance of a Physiotherapist with a strong background in musculoskeletal pathology, pain and movement dysfunction.

As with all physiotherapy treatment programs, these sessions are individually tailored to your needs and functional goals.

Ask at reception or call today on **08 9382 9600**

Supervised Sessions*

(40 Min session)

Monday to Friday 7am-6pm

Independent Pilates**

(40 Min session)

Monday to Friday 7am-9pm

Saturday 1pm-5pm

Sunday 9am-5pm

Clinical Pilates Exercise Classes**

(50 Min session)

Wednesday 12-1pm

Antenatal Pilates Exercise Classes

Tuesday 5:30pm-6:30pm

Postnatal Pilates Exercise Classes

Tuesday 12:30pm-1:30pm

* Patients are required to complete a Clinical Pilates assessment before commencing supervised sessions.

** Previous supervised sessions are required to participate in Independent Pilates or classes.



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Baby Swim

Subiaco Women's Health proudly offers Baby Dolphins, a reputable water safety and learn to swim program for parents and their children.

Safety & Survival

Our Hydrotherapy centre is also home to the 'Baby Dolphins' Swim Program which allows parent and baby to participate together in a warm, nurturing, aquatic environment.

Babies will learn to dip, hold their breath underwater and surface, learn how to float on their back to rest and breathe. Older children will learn to enter the water from a sitting or standing position, turn around, propel themselves and reach out to grasp the side of the pool to rest.

Baby Dolphins continues up to the age of 3 and includes transition classes to prepare for formal swimming lessons. All of our instructors are Austswim qualified, highly experienced and have a strong teaching focus on water safety.

Parents need to bring a swimmer nappy, bathers, towels and plastic bag to dispose of nappies at home. Nappy disposal within the medical facility is prohibited by Health Department regulation.

Please email Anielle at

babyswim@sportsmedsubiaco.com.au

NB: For enrollment opportunities or more information, leaving a contact phone number and the age of your child.

Ask at reception or call today on **0447 298 381**

Important Information

Child Ages

5 months - 3 Years

Class Duration

30 min session

Class Size

8 parents, 8 babies per class

Term Length

10 Weeks (coincides with school terms)

Payment

- Upfront full term payment required at time of enrollment/re-enrollment
- Over the phone payments accepted
- Online bank payments/ fund transfers available
- No refunds
- Make-up lessons possible

Account Name: AITM CASH MANAGER

BSB: 086-082 | ACC NO: 84-442-7485

Narration: Baby's full name.

Notice to parents

Please be advised as a courtesy to other participants that photography during classes requires therapist/ instructor approval.

For hygiene reasons, all nappies are to be taken home after each class.



Osteogym

Class



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Important Information

Classes*

(60 min session)

Monday	9.30am-10.30am
Friday	9.30am-10.30am

*Bookings are recommended for all classes.
Maximum number of participants permitted
is 10 per class.

Subiaco Women's Health offers a specialised exercise class for those concerned with bone health, have low bone density or have been diagnosed with osteoporosis.

The Osteogym class combines weight bearing exercises, balance tasks and postural strengthening activities to build bone mass, develop good muscle strength and improve balance.

The aim of Osteogym is to provide a safe, progressive program in a relaxed and enjoyable group setting using our rehabilitation gymnasium.

A comprehensive assessment is carried out by one of our physiotherapists prior to attendance and any special needs are highlighted and incorporated into the class for you.

Ask at reception or call today on **08 9382 9600**

Vinyasa

Yoga



Vinyasa Yoga classes involve a variety of poses with a focus on coordinating movement with the breath and helps improve flexibility and strength.

In a Vinyasa Yoga class you can expect a dynamic, flowing style practice with a different mix of poses (asana) each time, with a focus on coordinating movement with the breath. The breath is given primacy, acting as an anchor as you flow from one asana to the next.

The flowing element of moving from asana to asana gives a rhythm and playfulness to the practice, builds heat and encourages you to quieten the mind and focus.

Some of the benefits of Vinyasa Yoga practice include:

- Calming and meditative practice assists with the reduction of anxiety, stress and "noisy mind"
- Greater flexibility and joint mobility
- Improved core strength and balance
- Muscular conditioning
- More dynamic flows will build heat and lift the heart rate

Ask at reception or call today on **08 9382 9600**

Important Information

Classes

Saturday 9.30pm-10.30am

Price

Single visit	\$25
10 class pass	\$220

Bring to class

Yoga mats are provided.

Arrival at class

Please arrive 10 minutes early for your class.

Eating before class

It is recommended not to eat at least 90 minutes before class. If you do need to eat, make it a light snack only.

Pregnancy

Massage

Pregnancy massage is a relaxing, nurturing therapy providing a soothing touch to help release the emotional & physical tension commonly experienced during pregnancy.

Massage therapy is a wonderful way to unwind, connecting you and your baby in preparation for childbirth and parenting.

Just a few of the many benefits include relief from aches and pains in muscles and joints, decreased swelling of arms and legs, reduced stress levels and discomfort, enhanced nourishment of the skin, and improved mood by calming and soothing the mind, leading to deeper relaxation.

Each massage is tailored to meet your specific needs, whether it be relaxation or deeper pressure to relieve sore muscles. During your treatment you will usually be side lying or semi-reclining and supported with a range of pillows, allowing you to lie comfortably during your massage.

Our therapists are trained in prenatal massage and will be more than happy to help with any queries you may have about positioning, oils or techniques.

Ask at reception or call today on **08 9382 9600**

Important Information

Consultation*

40 min session \$90

60 min session \$110

*The first part of the initial session will be spent discussing problem areas in order to determine an appropriate treatment plan.

- Health fund rebates are available. Please check for eligibility.
- Gift vouchers available.



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