SUBIACO Women's health

Women's Health *Service Directory*



Wellness FOR WOMEN • subiacowomenshealth.com.au



Pelvic Health Physiotherapy

SUBIACO Women's health

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.:

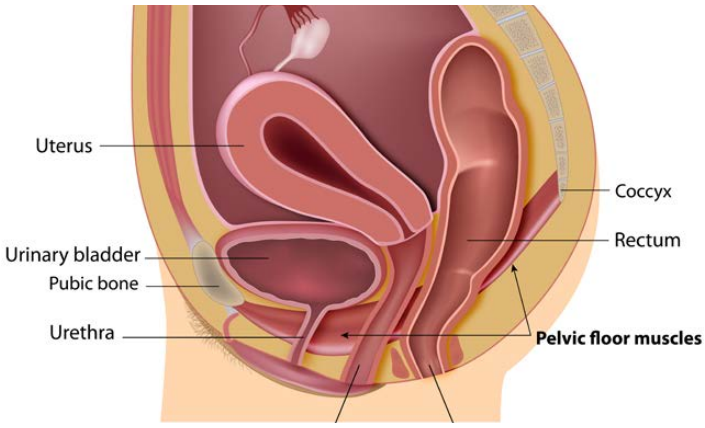
- Stress incontinence is bladder or bowel leakage on coughing, sneezing, laughing or during exercise or sport
- Urge incontinence is bladder or bowel leakage associated with a strong and sudden urge to empty the bladder or bowel

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

SUBIACO Women's health

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 even for women who have no leaking or pelvic floor dysfunction and just want to make sure they are doing their exercises correctly
- Subiaco Women's Health also run antenatal hydrotherapy and pilates classes which may be suitable for you. An antenatal assessment is required prior to attending classes. (See antenatal/postnatal classes flyer)

Postnatal care

- Below are areas your physiotherapist can provide education on, help to treat and manage after the birth of your baby:
  - Bowel and bladder care
  - Nipple, breast and perineal treatment
  - Pelvic floor muscles
  - Abdominal muscle separation
  - Safe return to exercise
  - Return to sexual intercourse
- Management will be tailored to you based on the type of delivery you have had, and the nature of your recovery
- Subiaco Women's Health also run postnatal mums and bubs hydrotherapy, advanced postnatal hydrotherapy classes and postnatal pilates classes which may be suitable for you. A postnatal assessment is required before attending classes. (See antenatal/postnatal classes flyer)

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, and a brief assessment with one of our women's health physiotherapists
- Prior to commencing postnatal exercise classes at Subiaco Women's Health, you will require clearance from your GP/Obstetrician and will need a postnatal review with on of our women's health physiotherapists
- 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

SUBIACO Women's health

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 in a fun and social group environment.

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.

Postnatal (Mums Only) Hydrotherapy - This is a 1 hour after hours postnatal hydrotherapy class suited to mums who would like to exercises in water without their babies. Classes involve a combination of cardiovascular and strength exercises. This class is for mothers only and can be attended at any stage after clearance from your obstetric care provider and a womens health physiotherapist from 6 weeks onward.

Both antenatal and postnatal hydrotherapy classes focus on global strengthening and aim to improve cardiovascular fitness and are conducted by qualified physiotherapists with experience in women's health. Health fund rebates may apply.

All classes require an assessment with a qualified women's health physiotherapists prior to commencement.

Ask at reception or call today on 08 9382 9600

Important Information

Antenatal Hydrotherapy

Tuesday	6pm-7pm
Thursday	6pm-7pm

Postnatal (Mums & Bubs) Hydrotherapy

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

Postnatal (Mums Only) Hydrotherapy

Tuesday	7pm-8pm *(mums only)*



Antenatal/ Postnatal Classes

SUBIACO Women's health

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.

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! Mums may bring their newborns if they do not have a baby sitter.

All pilates classes require an assessment with a qualified women's health physiotherapist prior to joining.

Health fund rebates may apply for classes.

Ask at reception or call today on 08 9382 9600

Important Information

Antenatal Pilates

Tuesday	6pm-7pm
Thursday	6.30pm-7.30pm
Saturday	8am-9am 9am-10am

Postnatal Pilates

Monday	1pm-2pm
Wednesday	1.15pm-2.15pm



Clinical Pilates

SUBIACO Women's health

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)
Subject to class times

Monday to Friday	7am-9pm
Saturday	10am-6pm
Sunday & P/H	9am-6pm

Clinical Pilates Exercise Classes**

(50 Min session)

Wednesday	12-1pm

Antenatal Pilates Exercise Classes

Tuesday	6.00pm-7.00pm
Thursday	6.30pm-7.30pm
Saturday	8am-9am 9am-10am

Postnatal Pilates Exercise Classes

Monday	1pm-2pm
Wednesday	1.15pm-2.15pm

* 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.



Baby *Swim*

SUBIACO Women's health

SportsMed Subiaco proudly offers Baby Swim, 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 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 Swim continues up to the age of 4 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.

How To Enrol

1. Review timetable on website:
sportsmedsubiaco.com.au/services-facilities/baby-swim/

2. Complete enrolment form and email to:
babyswim@sportsmedsubiaco.com.au

Important Information

Child Ages
5 months - 4 Years

Class Duration
30 min session

Class Size
8 parents, 8 babies per class

Term Length
10-11 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, only still photography is allowed during classes. No video.
- For hygiene reasons, all nappies are to be taken home after each class.



Osteogym Class

SUBIACO Women's health

Important Information

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

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.

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