

## Women's Health Physiotherapy

### Don't put up with something that you can change.

We provide treatment options for pregnancy and postpartum concerns, including:

- Pregnancy related pelvic pain (sacroiliac or pubic symphysis pain)
- Postnatal thoracic pain
- Rectus diastasis
- Bladder and bowel concerns (incontinence, OAB/urge, constipation)
- Pelvic organ prolapse

### What should you expect at a women's health physiotherapy appointment?

The first appointment with any new patient is 45 minutes in length and begins by documenting a history of the patient. Our physiotherapists will then build a personalised treatment by asking questions about what the problem is and what your goals are.

Once the discussion has concluded, a physical examination is performed. This is different for everyone, depending on the predominant issue, though can include:

- Posture and functional movement assessment
- Examination of the myofascial system
- Pelvic examination (internal and external), including:
  - Functional tone and activation of pelvic floor muscles and pelvic organ prolapse presence
  - Real time ultrasound of abdominal muscles or pelvic contents
  - Biofeedback assessment of pelvic floor function

Throughout the examination your physiotherapist will explain the process and discuss what your treatment should focus on, as well as what your expectations are, in order to work towards your recovery goals.

To make an appointment, call our reception staff on 07 3358 3915 or email [info@thebodyrefinery.com.au](mailto:info@thebodyrefinery.com.au).

Be sure to request one of our women's health physiotherapists.



## STUDIO LOCATION



### New Farm Studio

2/15 Lamington Street, New Farm QLD 4005

Phone: (07) 3358 3915

Email: [info@thebodyrefinery.com.au](mailto:info@thebodyrefinery.com.au)

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### Opening Hours

Monday - Thursday	6am - 8pm
Friday	6am - 5.30pm
Saturday	7.30am - 2pm
Sunday	Closed



# PHYSIOTHERAPY

# Physiotherapy

## Move Well, Stay Well

Physiotherapists complete a 4-year university degree in which they study human movement and its use in rehabilitation. The traditional focus of physiotherapy is to remove pain and restore healthy, functional movement.

At The Body Refinery we take this a step further. Our physiotherapists are highly-trained to assess and diagnose musculoskeletal problems and treat the underlying causes of the pain and dysfunction. With an aim of minimising the likeness of injury re-occurrence, we then incorporate power, strength and endurance into your movement.

In addition to using modern physiotherapy techniques, The Body Refinery physiotherapists are highly-skilled technicians in movement restoration through Pilates and other movement therapies.

We are here to help you whether you are recovering from pain, illness, injury or are seeking preventative treatment.

## What conditions do physiotherapist at The Body Refinery treat?

Our experienced physiotherapists treat people of all ages and fitness levels, with a variety of injuries and health conditions.

We offer physiotherapy for infants, right through to seniors (our oldest client is 94!).

Our physiotherapists can help you with:

- Sporting injuries
- Back and neck pain
- Jaw pain
- Chronic illness, such as Parkinson's disease, cancer, and arthritis
- Pregnancy and postpartum complaints
- Paediatric conditions
- Postural problems
- Post surgical issues
- A range of movement issues



## What to expect during your first session with a physiotherapist

Our physiotherapists treat one patient at a time, so you can be sure that their attention will be focused on you and your recovery for the duration of your appointment.

Your initial consultation will be 45 minutes long. This will allow your physiotherapist to take a detailed history of your condition, assess your movements, undertake testing, administer treatment, and make a plan of action to move forward.

You should also have adequate time to ask questions, so you understand your presenting problem, and learn ways you can manage it.

Our physiotherapists use a variety of manual therapy techniques including:

- Myofascial and soft tissue release
- Joint mobilisation
- Dry needling
- Muscle energy techniques
- Taping
- Real time ultrasound training for muscle control
- Corrective exercises
- Ergonomic and postural techniques

We are a multidisciplinary practice, where your physiotherapist will collaborate with your Pilates instructor or massage therapist to ensure a faster, more effective treatment and recovery from a range of conditions.

## Therapeutic Yoga

**Improve posture, correct movement patterning, and most importantly, increase awareness of the body, mind and breath.**

Taught by our trained physiotherapists, our Therapeutic Yoga classes will assist you with improving:

- Mindfulness
- Relaxation
- Flexibility
- Muscle strength
- Postural alignment
- Core strength and stability
- Healthy breathing patterns

Multiple studies have reported the therapeutic benefits of Yoga, including: improving sleep patterns, enhancing overall well-being and reduction in stress, anxiety, depression, and chronic pain.

Our Therapeutic Yoga classes are designed for those seeking guidance in relaxation, mindfulness and body awareness, or to assist them in rehabilitating from an injury.

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