

## 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

To make an appointment, call our reception staff on 07 3358 3915 or email [info@thebodyrefinery.com.au](mailto:info@thebodyrefinery.com.au) and request an appointment with one of our Women's Health physiotherapists.

## OUR PRE AND POST-NATAL CLASSES

### PREGNANCY CONDITIONING

Exercise during pregnancy is very important to strengthen and stretch specific muscle groups that may be weakened and tight from the postural changes and stresses that can occur during this time.

Our Pregnancy Conditioning class will allow you to work on the deep abdominal muscles and pelvic floor muscles safely. It is also low impact, without placing stress on the body's joints.

This class requires an initial consultation with one of our physiotherapists if you are new to the studio or if you haven't had a review in the past 6 months.

### MUM AND ME

A class where mums can bring their bubs and still get a workout.

These classes require an initial consultation if you are new to the studio, as well as medical clearance (at 6 weeks post birth) from an obstetrician or midwife, stating that you are safe to exercise. Babies are welcome in these sessions until they become quite mobile (~8 months).

Please note that we do not have creche facilities and our staff are unable to look after babies.



## STUDIO LOCATION

### The Body Refinery

2/15 Lamington Street, New Farm QLD 4005

Phone: (07) 3358 3915

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

### Opening Hours

Monday - Thursday	6:00am - 8:00pm
Friday	6:00am - 5:00pm
Saturday	7.30am - 2:00pm
Sunday	Closed

# PHYSIOTHERAPY



# PHYSIOTHERAPY



## MOVE WELL, STAY WELL WITH THE BODY REFINERY PHYSIOTHERAPISTS

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 pain and dysfunction. With an aim of minimising the likelihood 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 a large range of exercise 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 97!).

### Our physiotherapists can help you with:

- Sporting injuries
- Back and neck pain
- Jaw pain
- Chronic illness, such as cancer and arthritis
- Neurological conditions such as Parkinson's disease, MS, Stroke and other conditions
- Incontinence and pelvic pain
- Pregnancy and postpartum complaints
- 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, in private room, so their attention will be focused on you and your recovery for the duration of your appointment.

Your initial consultation will be 45 minutes. 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 condition/injury, 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 can collaborate with your Pilates instructor, Exercise Physiologist, Osteopath and/or Massage Therapist to ensure a faster, more effective treatment and recovery from a range of conditions.



## CLINICAL REHAB CLASSES

Clinical Rehab classes incorporate specific personalised programs and treatment, delivered and programmed by Physiotherapists.

Clinical Rehab classes can help with the rehabilitation of a variety of injuries and health conditions (listed previously).

These 45-minute classes use various Physio rehab and Pilates-informed exercises (including those that utilise equipment) to ensure you are working towards your rehabilitation or movement goals.

An initial consultation is required for new clients.

### There are two options to attend a Clinical Rehab Class:

- **Semi-Private class:** no more than four clients per Physiotherapist, with personalised programs.
- **Private class:** private one-on-one session, for 100% of the Physiotherapist's attention.

## WOMEN'S HEALTH PHYSIOTHERAPY

### WHAT SHOULD YOU EXPECT DURING A WOMEN'S HEALTH APPOINTMENT?

The first appointment with any new patient is 45 minutes in length and begins by documenting a history of the patient. Our Physiotherapists then build a personalised treatment by asking questions about any existing problem and health-related goals.

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 & external), including:
  - Functional tone, activation of pelvic floor muscles and assessment of 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.