

WOMEN
in focus
PHYSIOTHERAPY

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OUR BELIEF IS SIMPLE...
EVERY WOMAN
IS UNIQUE.

ABOUT US

At Women In Focus we are genuinely passionate about Women's Health and are dedicated to helping women of all ages achieve their optimum physical function. We understand that every woman has different needs and design our treatment and management programs specifically for the individual.

Our Physiotherapists have a unique combination of skills to treat women with complex conditions of the musculoskeletal system and pelvic floor. We strive to holistically identify all contributing issues to bridge the gap between these two highly related systems.

OUR SPECIALITIES

We treat women with a range of conditions and specialise in those of a complex nature. Whether the problem is due to injury, posture, mechanical dysfunction, surgery, pregnancy, the postnatal period or the changes of menopause we endeavour to identify all factors contributing to a problem. Our Physiotherapist's have been trained to ensure a thorough assessment is undertaken and the treatment plan is designed accordingly. Below is a list of conditions commonly treated in our clinic;

MUSCULOSKELETAL

- Pelvic girdle pain
- Sacroiliac joint dysfunction and Pubic symphysisitis
- Lumbopelvic instability
- Neck pain, thoracic and rib dysfunction
- Coccydynia
- Pregnancy related hand, pelvis and back conditions
- Rectus abdominus diastasis

PELVIC FLOOR

- Urinary and anal incontinence
- Pelvic floor muscle weakness
- Prolapse and pessary fitting
- Voiding dysfunctions
- Constipation
- Pregnancy and postnatal pelvic floor assessments
- Vulvodynia
- Vaginismus
- Bladder pain syndrome

OTHER SERVICES

- Blocked ducts and mastitis
- Real Time ultrasound assessments for Pelvic Floor and Core Activation
- Post natal 6 week and 12 week checks

EXERCISE CLASSES

We have a range of group exercise and pilates classes for women of all levels and life phases;

STUDIO PILATES

Studio pilates classes are a functional way to strengthen the core and stretch the spine for women in any phase of life. These classes are a tailored specifically to the goals of the individual utilising resistance pilates equipment such as the Reformer and Wunda chair. They will assist to rehabilitate an injury, improve posture, and build muscular strength from pregnancy right through to the menopausal years.

PREGNANCY CORE CLASSES (MAT)

Pregnancy is a time of huge hormonal and physical change which is why it is important to stay strong and active throughout a pregnancy. Our pregnancy exercise classes are a great way to strengthen your body to prepare you for late stage pregnancy, birth and being a mum. The classes utilise a combination of pilates and functional strengthening exercises, specifically designed to target the pelvic floor, deep abdominals, back and gluteal muscles

POSTNATAL PILATES (MAT)

Being a new mum is physically demanding, and a strong spine and core is essential in coping with day to day tasks and assisting to prevent injury. Our postnatal classes are a combination of pilates and functional core exercises, specifically designed to target abdominal muscle separation, pelvic floor weakness, and build back and gluteal strength. We are also happy for you to bring your baby along to these classes.

PRE-CLASS ASSESSMENT

It is important to have an assessment with one of our Physiotherapists prior to your first class so that we know of any issues and ensure the classes are appropriate. In this appointment we will also do a Real Time Ultrasound assessment to teach the correct activation of pelvic floor and deep abdominal muscles.



OUR CLINIC

We are located in the heart of Bondi Junction directly opposite Westfield. The clinic has a friendly feel with lots of natural light, state of the art equipment, specific pregnancy treatment beds and a fully equipped pilates studio. We are baby and child friendly and are happy for you to bring your children with you to appointments if required.

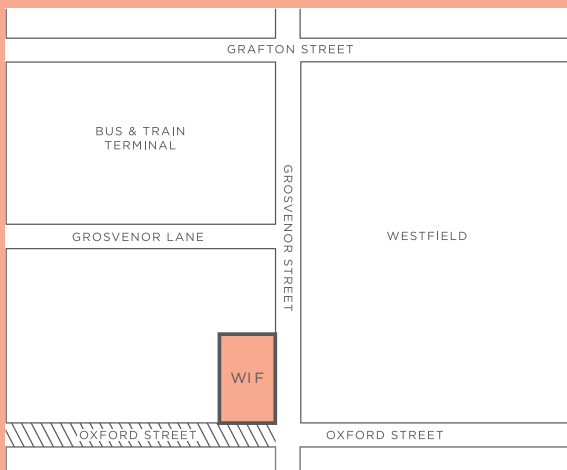
FEES AND BOOKINGS

Please visit our website www.womeninfoocusphysio.com.au for further information on fees and class times.

If you have private health insurance all of our physiotherapy sessions and exercise classes are applicable to health care rebate, so bring along your health card and we can claim it for you using HICAPS on the spot.

*If you are attending for a pelvic floor appointment remember to come with a full bladder.

LOCATION



TO MAKE AN APPOINTMENT CALL
(02) 9388 9093

OR BOOK ONLINE AT
www.womeninfocusphysio.com.au

CONNECT

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