

All About Women's Health Physiotherapy

During the course of life, women's bodies go through various changes, predominantly through adolescence, pregnancy and menopause. Along with these changes, some women can experience some issues with their ligaments and joints, lower back and pelvis, muscle tone, waterworks, varicose veins and pain with intercourse, to name just a few.

How can physio help?

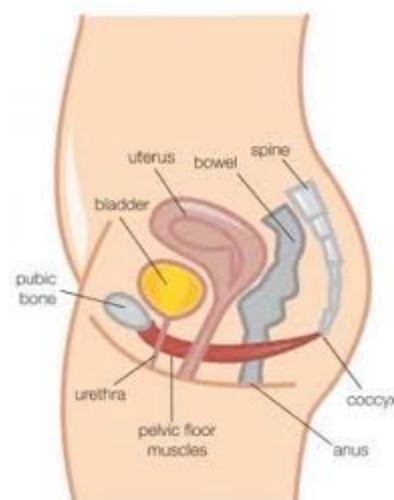
- Manage lower back, neck and pelvic pain;
- Improve your posture;
- Understand good bowel and bladder habits;
- Manage stress and urge incontinence;
- Increase general fitness;
- Care for your joints;
- Learn appropriate core exercises;
- Learn correct pelvic floor exercises;
- Return to your exercise routine or sports.

Pelvic Floor

If you leak urine when you laugh, cough or sneeze; if your quality of life and relationship is being affected by poor pelvic floor function, you are not alone!! Over 30% of women present with some degree of urinary incontinence and 10% of men.

The pelvic floor is a group of muscles, fascia and ligaments that sit like a hammock covering the floor of your pelvis. It extends from the pubic bone to the tail bone and from side to side. They provide support the internal organs and assist in closing the urethra and anus passages, helping to control bladder and bowel function and also sexual function.

The pelvic floor has also an important role as part of the core muscles. The core muscles when engaged properly are very important in providing stability to the lumbo-pelvic area.



Be aware of your pelvic floor if you are:

- Pregnant or ever had a baby,
- Pre-post menopause,
- Overweight,
- Lifting heavy weights,
- Often straining on the toilet;
- Coughing too much due to smoking, asthma, allergies...
- An elite athlete;
- If you had gynaecological surgery, back pain history or suffer from trauma or injury to the pelvic area

Seek specialized help or talk to you GP if you experience:

- Leakage when you cough, sneeze and lift;
- Urgency to go to the toilet;
- More than 6 toilet visits during the day and more than 2 at night;
- Pain with intercourse;
- Straining, difficulty to start the flow;
- Lower back and pelvic pain;

Renata Asinelli

Renata is a Brazilian physiotherapist working in Australia in private practice for the last 5 years. She has developed a great interest in women's health physio after experiencing firsthand the powerful transformations that happen in women's bodies during and after pregnancy. Since 2008 she has been undertaking nationwide courses related to this topic.