



# Family Physio

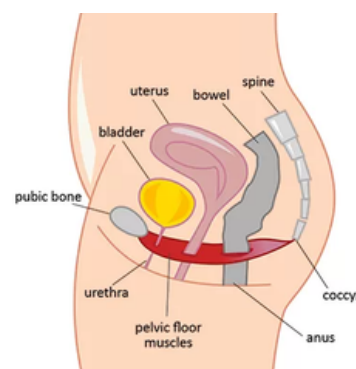
Dedicated experts in women's pelvic health physiotherapy.

## WOMEN'S PELVIC HEALTH

The pelvic floor is a network of muscles, ligaments, and tissues at the base of the pelvis. Dysfunction in these muscles can lead to issues like incontinence, pelvic organ prolapse, and sexual dysfunction. Pelvic health issues can arise from various factors such as pregnancy, childbirth, obesity, ageing, menopause, and chronic constipation.

**Pelvic health physiotherapy offers a highly effective approach to treating pelvic floor issues.**

In your first consultation, experience a welcoming environment designed for comfort and privacy. Our expert pelvic health physiotherapists will listen attentively, assess your needs, and guide you through your personalized treatment plan every step of the way.



## PELVIC HEALTH DYSFUNCTIONS THAT WE CAN HELP WITH INCLUDE:

**Pelvic Organ Prolapse:** When pelvic organs like the bladder, uterus, or rectum bulge into the vaginal space due to weakened muscles or tissues.

**Urinary Incontinence:** Involuntary urine leakage, often caused by weakened pelvic muscles or nerve damage, affecting bladder control.

**Overactive Bladder:** Frequent and sudden urges to urinate, sometimes leading to leakage, due to involuntary bladder contractions and hypersensitive muscles.

**Pelvic Pain:** Pelvic pain can result from conditions such as endometriosis, pelvic inflammatory disease (PID), painful bladder syndrome or injury to the joints, ligaments or muscles in the pelvis.

**Sexual Dysfunction:** Women may experience sexual dysfunction in various forms, including decreased libido, difficulty achieving orgasm, pain during intercourse (dyspareunia), pain in the vulva or vaginal dryness, often influenced by physical, psychological, or hormonal factors, impacting overall sexual satisfaction and intimacy.

## WHY FAMILY PHYSIO?

At Family Physio, your well-being is our priority. With two convenient clinics in Papamoa, we have two dedicated Women's Pelvic Health Physiotherapists to help you regain function and confidence. We also offer treatment for ACC Maternal Birth Injuries.