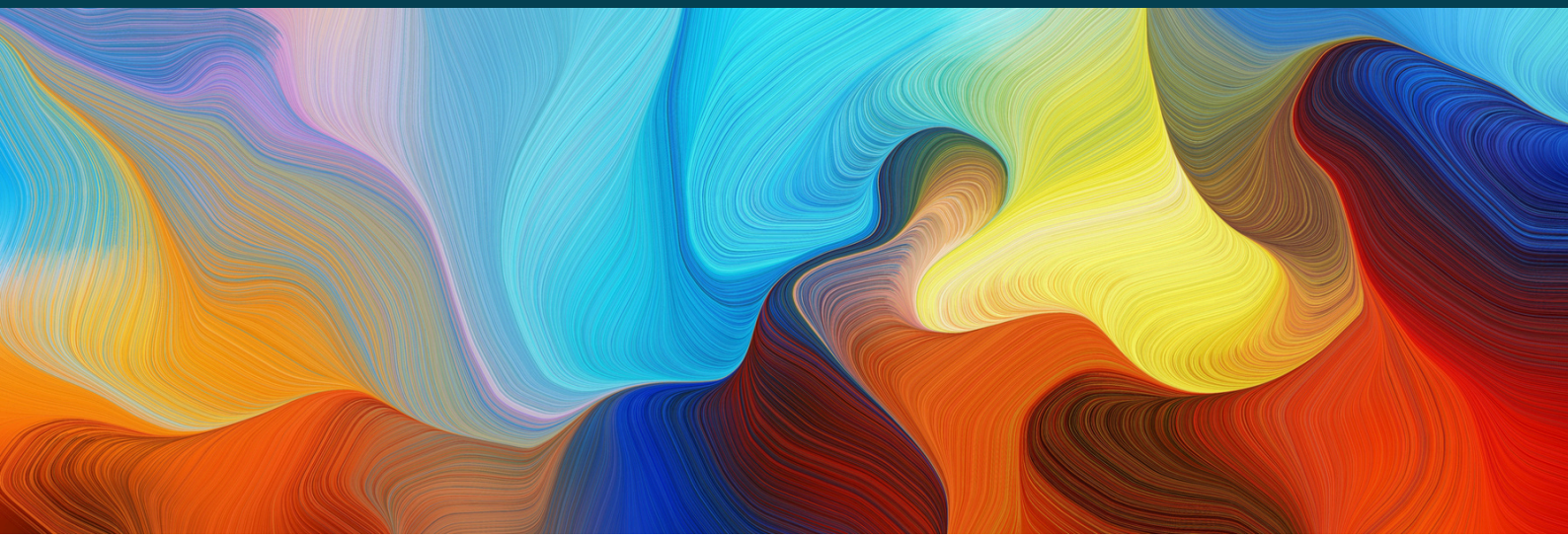
Pelvic Pain Clinic
Pelvic Health Physiotherapy Services



Persistent pelvic pain can lead to pelvic floor tightening in response to pain, which can lead to the following symptoms:

BLADDER

- Incontinence (leakage of urine) with coughing, laughing, sneezing, exercise or with a bladder urge
- Frequently going to the toilet
- Urgency
- Recurrent UTIs
- Urinating difficulties: slow or stop-start stream, pain, difficulty emptying and ncomplete emptying

SEXUAL HEALTH

- Pain during or after intercourse
- Difficulty reaching an orgasm
- Painful orgasms
- Difficulty or pain inserting tampons
- Reduced arousal and desire
- Painful internal pelvic examinations

BOWEL

- Constipation
- Chronic straining
- Sensation of incomplete emptying
- Pencil thin stools
- Hard stools that are difficult to empty
- Rectal pain

PELVIC PAIN

- Vaginal pain
- Abdominal pain
- Vulval pain or burning
- Coccyx (tailbone) pain or pain with sitting
- Throbbing or heaviness in the pelvis
- Deep hip pain
- Pain on urination that is not a UTI
- Pain opening bowels

Pelvic Health Physiotherapy can help manage these symptoms through:

- Pelvic floor assessment
- Assessing and treating remote areas that may be contributing to your pain (such as the abdominals, thoracic spine, lower limb and nervous system)
- Help you understand your flare ups and how to better manage them
- Pain self-management strategies
- Pelvic floor muscle training (downtraining)
- Diaphragmatic breathing
- Pelvic stretches
- Guidance with physical activity and developing an exercise regime
- Lower limb strengthening exercises
- Improve excessive muscle bracing and optimise movement patterns
- Manual therapy (joint mobilisation, dry needling and massage)
- Pelvic floor muscle release
- Vaginal trainers (dilator therapy or pelvic wand)
- Sleep hygiene
- Stress management

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PELVIC PAIN REFORMER PILATES

Our Pelvic Health Physiotherapist Siobhan Lenihan is now running pelvic pain specific reformer pilates classes monthly

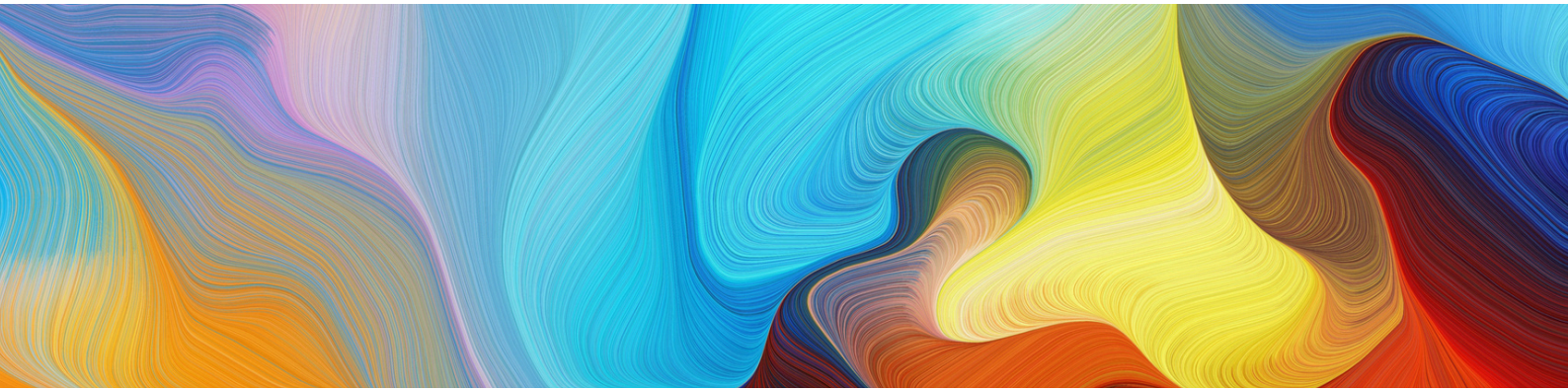
You will learn:

- How to correctly engage AND relax muscles
- Connect with your pelvic floor to teach it how to better relax
- Reduce excessive bracing patterns
- Increase strength in your pelvis, hips and lower limb
- Improve your breathing dynamics
- Integrate pelvic floor down training into stretches and movements

Details:

- Location: Reformed Pilates Co in Applecross, 4/35 Ardross Street Applecross WA
- When: Saturday 1x month at 12pm
- Cost: $41 a session
- Book through eventbrite. https://www.eventbrite.com.au/e/pelvic-pain-reformer-pilates-registration-792855822107

Learn how to heal your body through movement



APPOINTMENT TYPES & FEES

Note: Pre-screening phone consultation with nurse is required prior to booking your Initial Pelvic Pain Physiotherapy appointment.

For your first two Pelvic Health Physiotherapy appointments (initial & 1x subsequent), you are out of pocket $50 for each session with the pelvic pain funding covering the remainder of the appointment. Subsequent appointments after this are privately billed (private health item code 505).

In person:
75 minute Initial Pelvic Pain Physiotherapy: $50 out of pocket fee (remaining $200 is covered by the funding)
30 minute Subsequent Pelvic Health Physiotherapy: $50 for your first follow up (remaining $50 covered by the funding), then the following appointments will privately billed at $110

Telehealth:
60 minute Telehealth Initial Pelvic Pain Physiotherapy: $50 out of pocket fee (remaining $150 is covered by the funding)
30 minute Telehealth Subsequent Pelvic Pain Physiotherapy: $50 for your first follow up (remaining $50 covered by the funding), then the following will privately billed at $110

A $50 booking fee is required to secure your initial pelvic health physiotherapy appointment, which will be deducted from the total cost on day of appointment. Late cancellations <24 hours before an initial or subsequent appointment incurs a $50 fee. **Not attending** (without cancelling) incurs a fee of 50% of your appointment cost.

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