

# Pelvic Health Physiotherapy

at Ramsay Health Plus



Our experienced continence and pelvic health physiotherapist has post graduate training in these areas for assessing and treating women and men with a range of different conditions.



## Women's Health Physiotherapy can help with:

- Pelvic Floor Dysfunction
- Urinary Incontinence (leakage)
- Prolapse (bladder, bowel, uterus)
- Painful sexual intercourse including dyspareunia, vulvodynia, vaginismus
- Preparing for and recovering from gynaecological surgery
- Bowel issues such as faecal incontinence, constipation, haemorrhoids, anal fissures
- Pregnancy or postnatal musculoskeletal conditions
- Abdominal muscle rehabilitation after surgery or pregnancy
- Breast conditions related to breast feeding including mastitis, blocked milk ducts, damaged nipples
- Personalised exercise programs for postnatal recovery
- Preparing for Menopause and prevention of osteoporosis, incontinence and prolapse

## Men's Health Physiotherapy can help with:

- Pelvic Floor Dysfunction
- Urinary Incontinence (leakage)
- Pelvic Pain including coccyx, testicles, penis
- Pudendal Neuralgia
- Erectile Dysfunction
- Preparing and recovering from prostate surgery and other treatments.
- Bowel issues such as faecal incontinence, constipation, haemorrhoids, anal fissures)
- Abdominal muscle rehabilitation after surgery such as hernia repair

## Referral Procedure:

We happily accept referrals from any GP or specialist, and we liaise regularly to support preparation for surgery if required and help optimise recovery. Referrals can be emailed to [rhp.hollywood@ramsayhealth.com.au](mailto:rhp.hollywood@ramsayhealth.com.au). We will acknowledge receipt of the referral then contact the patient and organise an appointment within 1 week.

Please include in the referral patient contact details, current concerns, past medical history including cancer diagnosis and staging, treatment plan, bone metastases, BMD concerns and any other relevant past medical history.

We do accept patients on EPC or CDMP plans, and a gap fee will be charged with the majority of patients.

## The initial assessment:

This is a 60 minute appointment that includes:

- a thorough discussion about the patient's current symptoms
- goal setting - including exercise
- an assessment using the Real Time Ultrasound (RTUS) and/or internal examination
- provision of treatment if indicated

Patients need to attend with a comfortably full bladder to receive a RTUS assessment.

Future appointments may include physical fitness assessment including strength, aerobic fitness and balance if required.

## Other Services Provided at Ramsay Health Plus:

- Hydrotherapy
- Lymphoedema and Oncology Physiotherapy
- Dietetics
- Speech Pathology
- SOZO body composition and fluid assessment
- Cancer Care Plus exercise classes (Breast and prostate)
- Occupational Therapy

## Benefits of Ramsay Health Plus:

- Access to multiple allied health services in one location on the Hollywood Private Hospital campus
- Individually designed programs starting with a comprehensive patient assessment
- Prevention, treatment and long term management of a wide range of health and complex medical conditions
- Support and education for clients and their carers throughout the duration of a patient's condition
- Assistance to transition back into community roles and life after illness or injury



Libby Borman is an experienced physiotherapist who has been working in the women's, men's and pelvic health area for nearly 15 years. Libby is a great listener and is keen to help any men or women improve their lives by helping them resolve any bladder, bowel, pelvis or sexual concerns. Libby is passionate about caring for women during pregnancy and helping them get back to being strong and fit after childbirth. She regularly helps men and women improve their pelvic floor muscle function by accurately assessing their control and providing individualised programs to improve their pelvic floor function. When Libby is not at work, she is a busy mum looking after four boys and she loves to exercise and bake to satisfy her chocolate addiction!

For further information please contact Libby Borman or Ciara Sheils

Ramsay Health Plus

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### Ramsay Health Plus

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