

What Every Woman Needs to Know...

Many women are aware that pelvic floor issues can occur after children but did you also know that 41% of elite female athletes also have pelvic floor issues?

Research shows that;

- 1 in 3 women leak urine
- 1 in 8 women without children leak urine
- Prolapse and bladder surgery success is improved with physiotherapy
- 84% of women who leak with coughing / sneezing / running are cured with physiotherapy

You are not alone!!

If you are a woman, exercise, play sport, are pregnant, have children, have grandchildren or have had gynaecological surgery then the Pelvic Floor Workshop will help you prevent pelvic floor issues and assist in the management of existing pelvic floor issues.

Pelvic Floor Workshop

- **A full afternoon workshop 1 - 4.30pm**

Learn all about the pelvic floor, how it works, how the bladder and bowel affect each other and the pelvic floor, surgery and prolapse and how we keep the pelvic floor strong during everyday activities and general exercise advice and demonstrations. Program booklet and afternoon tea included.

- **Cost:** \$150 (Physio receipts will be issued for private health fund rebate)

Includes a private physio consultation with Rachael Wiltshire to tailor management strategies specifically to your needs. Or for workshop only (no consultation) \$90

2010 Dates

Saturday 29th May 1pm—4.30pm

Saturday 18th September 1pm—4.30pm

Saturday 20th November 1pm—4.30pm

Workshop Presenters: Natasha O'Brien (Principal Physiotherapist CORE gymball)
Rachael Wiltshire (Women's Health and Continence Physiotherapist)

Workshop Location: CORE Gymball studio at Menai
(Unit 18, 800-812 Old Illawarra Rd, Menai)

**Numbers strictly limited so please book ASAP:
9545 0134 or 0438 448 738, Natasha@coregymball.com**

