

PELVIC FLOOR PHYSIOTHERAPY

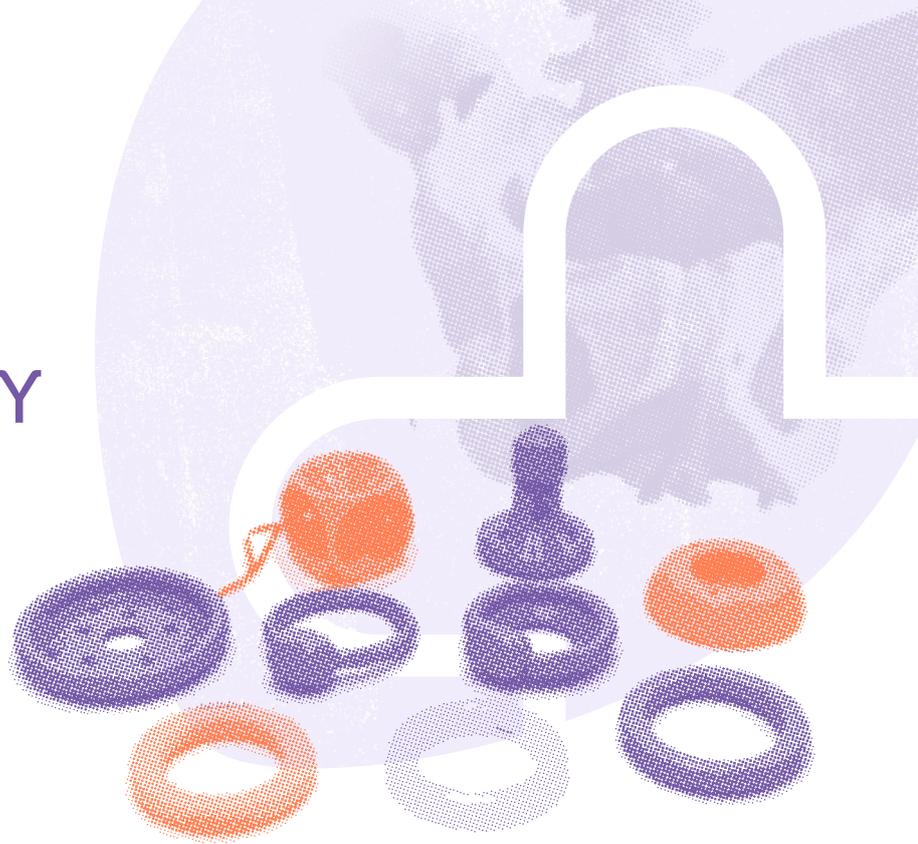
Pelvic floor Physiotherapy is a highly specialised type of physiotherapy, which aims to improve or eliminate various symptoms caused by pelvic floor muscle dysfunction.

How is pelvic floor physiotherapy different to physiotherapy?

A pelvic floor physiotherapist is a qualified physiotherapist who has completed extra training to enable them to treat the pelvic floor muscles. Whilst pelvic floor muscles are the main focus, a holistic approach is taken, and the physiotherapist will be interested in finding out about your overall health.

What can I expect during my consultation with a pelvic floor physiotherapist?

Your pelvic floor physiotherapist will take a thorough history and discuss your symptoms. They will need to ask you questions such as how long you've been suffering from your symptoms, how often you suffer from symptoms, how you are managing your symptoms, and many other questions as part of the initial assessment. It will be explained how your pelvic floor anatomy works so that you understand why you are suffering from symptoms and how the therapy aims to treat your symptoms. Depending on your symptoms, your therapist may need to conduct a physical examination, which may include internal vaginal or rectal examinations. Physical examinations provide critical information to your physiotherapist on the cause of your symptoms and how to best treat them. All physical examinations are fully explained, and consent is sought at every step. You have the right to decline a physical examination or request a support person to be in the room with you.



When should I see a pelvic floor physiotherapist?

Pelvic floor physiotherapy is useful for:

- people who have bowel or bladder issues are recovering from childbirth
- people who have vaginal or rectal prolapse experience persistent pelvic pain or pain with having sex have undergone prostate surgery.

How many appointments will I need?

Depending on the issue being treated, anywhere from 3-6 sessions to regular weekly sessions over several months may be required. For long-term issues, regular follow-up may be recommended. People who are fitted with pessaries for pelvic organ prolapse will generally return every 6-12 months for checkups.

How much will it cost?

Costs can vary:

Initial appointments are longer and cost approximately \$240-280. Follow up appointments cost approximately \$140-180.

If you are eligible for a chronic disease management plan with your GP, you may be able to access Medicare rebates for a certain number of sessions per year. Some pelvic floor physiotherapists work within the public health system, however appointments tend to be limited.

What does a pelvic floor physio do?

Your physiotherapist will assess a group of muscles that are involved with urinary, bowel, and reproductive and sexual function. Through exercises, lifestyle modifications, education and hands-on treatment, the physiotherapist aims to reduce or eliminate your symptoms through the gradual improvement of your pelvic floor function. For people that have vaginal prolapse, a pessary assessment, fitting and support can be provided.

Further information:

Continence Foundation of Australia [Pelvic floor muscles page](https://www.continence.org.au/about-continence/continence-health/pelvic-floor)

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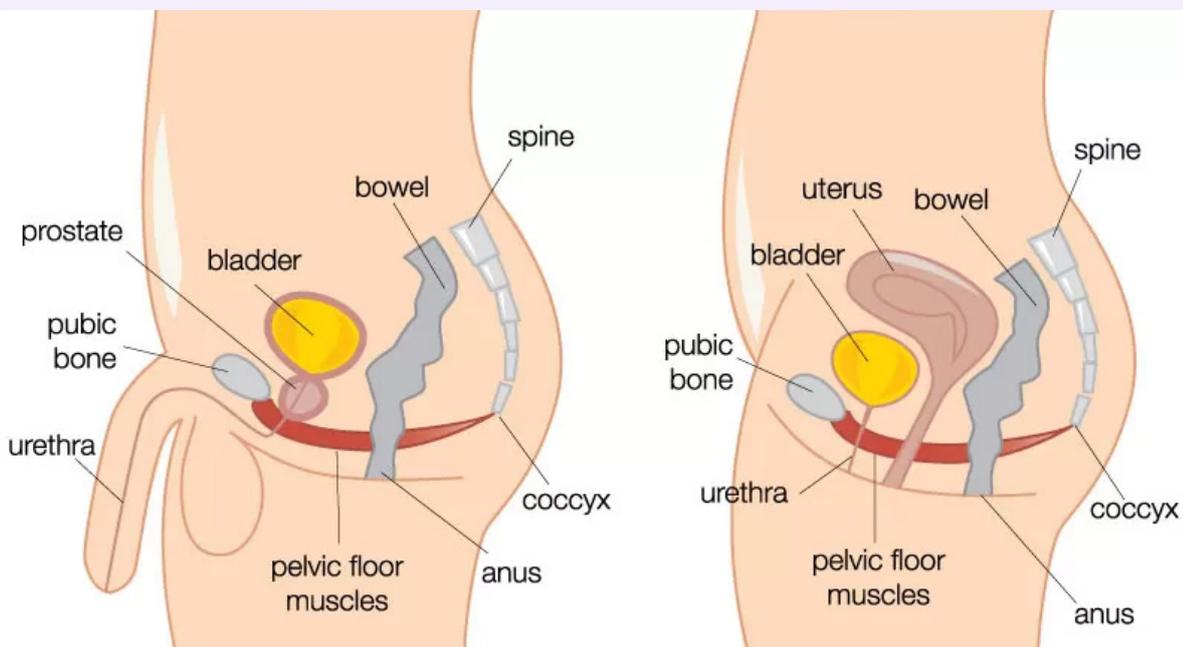
[about-continence/continence-health/pelvic-floor](https://www.continence.org.au/about-continence/continence-health/pelvic-floor)

Jean Hailes [Pelvic floor strength page](https://www.jeanhailes.org.au/health-a-z/bladder)

<https://www.jeanhailes.org.au/health-a-z/bladder>



Image source: <https://www.continence.org.au/about-continence/continence-health/pelvic-floor>



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