



THE CORE CLINIQ

— Women's Health Physiotherapy —

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APA Titled Women's & Pelvic Health
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Master of Clinical Physiotherapy
(Continence and pelvic health)

Understanding Your Pelvic Health

Did You Know?

1 in 3 women experience bladder leakage!
It's Common, **NOT** Normal!

Many women **AVOID** or **modify**
exercise due to pelvic health concerns!

Pelvic floor symptoms can occur at **ANY**
life stage -Not Just Childbirth or Menopause

Around 40% of women may still have
Diastasis Recti at six months postpartum

When Should You Seek Help!



Bladder & Bowel

Leakage, urgency, or
emptying issues



Pelvic & Back Pain

Unexplained hip, back,
or pelvic pain



Life Transitions

Pregnancy, postpartum,
or Menopause related
concerns



Lifestyle Impact

Symptoms affecting
quality of life

How a 'Women's Health Physiotherapist' can Help !!!

-  Assess your pelvic health concerns
-  Provide personalised education & strategies
-  Support pelvic floor and core function
-  Guide you through pregnancy, postnatal & menopause
-  Support you with self-management tools

Disclaimer: The information provided here is for educational and general informational purposes. It does not constitute specific medical advice, diagnosis, or a guaranteed treatment outcome. A comprehensive physical examination by a registered health practitioner is required to determine an appropriate individual management plan tailored to your health needs.

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"The Quick Tip"

BRACE Before You Blow!

Squeezing and lifting your pelvic
floor muscles just before coughing
or sneezing can help avoid
incontinence!

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