

# WELLNESS STATION

## PHYSIOTHERAPY

Incontinence, prolapse and pelvic health issues are common, and can be treated with pelvic health Physiotherapy.



### PELVIC HEALTH PHYSIOTHERAPY

*We can help with:*

- Urinary and urge incontinence
- Prolapse
- Painful intercourse
- Endometriosis, vaginismus and pelvic pain
- Constipation
- Lower back pain, abdominal pain
- Prostatectomy and erectile dysfunction
- Pessary fitting for pelvic organ prolapse
- Surgical recovery

### ANTE/POST NATAL HEALTH

*We can help with:*

- Pelvic floor muscle rehabilitation
- Exercise advice during and after pregnancy
- Separation of abdominal muscles
- Caesarean recovery
- Mastitis
- Pregnancy related musculoskeletal pains
- Specific classes for pregnancy & Mums + bubs classes (bookings essential)

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**wellnessstation.co.nz**