

Preparing for your Initial Appointment

When you book your initial appointment you will receive a package of pre-assessment forms.

Please endeavor to bring them completed to your first appointment.

You may invite a friend or family member to attend appointments with you.

Privacy

All information you disclose to us remains confidential under the terms of the Privacy Act

Personal information about your diagnosis, treatment and progress will be exchanged with your referring doctor.

For Quality Assurance, we participate in Peer Review. With your consent, this may involve another Womens Health Specialist observing your appointment.

Payments

- Accounts are payable on the day
- Payments can be made in cash on the day or by cheque or EFT.
- Private Health Fund Rebates -HICAPS
- Seniors, Pensioner & Health Care Card Holders receive \$10/appt
- This practice charges above the Medicare Schedule Fee for EPC &TCA appts

Non Attendances & Cancellations

Fees can apply

\$28 when <24hrs notice on 30min appt
\$56 when <48hrs notice on 60min appt

Other.....

- All appointments include the time we are legally bound to spend on documenting your treatment (max 10min)
- The type of treatment and numbers of problems being treated may require longer/ additional appointments
- Where treatment requires use of single patient devices such as electrodes or pessaries, these devices incur additional charges

Providing Pelvic Floor Physiotherapy

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ASHFORD

For details contact
Dr Willison's Rooms
Ph 8297 2822

PLYMPTON HAPPY VALLEY

For details contact
Chandlers Hill Physiotherapy
Ph 8387 7047

Flinders Private Hospital

For details contact
Drs Ganu & Sinhal's Rooms
Ph 8299 0302

All email
chandlershill@physiofemme.com.au

Our Physiotherapists

Michelle Nangle and **Angela Pfitzner** have worked in Womens Health Physiotherapy for more than 15years and completed relevant postgraduate studies.

Michelle has qualified for Australian Physiotherapy Association Titled Membership in Contenance & Womens Health.

Angela also works at Flinders Private Hospital on the Maternity and Gynaesurgery ward.

Pelvic Floor Problems

A range of Pelvic Floor problems can be treated with physiotherapy

- Urinary leakage
- Uncontrollable need to use the toilet
- Prolapse
- Vaginal Pain
- Bowel Control

With the correct Pelvic Floor Muscle Training program, women can experience symptom improvement in as little as 4 weeks. Research shows that continued training over 6-12 months can alleviate the problem altogether.

Pelvic Floor Muscle Training can also assist in both preparing for and recovering from major gynaecological surgery eg hysterectomy

Assessment Appointment

At this appointment we will assess your pelvic floor problem(s)- prolapse, pain, bladder or bowel by asking you for a detailed history and for your consent to a pelvic examination including internal vaginal assessment of your pelvic floor muscles. This is necessary to determine which rehabilitation strategies will best address your problem.

60min \$138 \$128 Concession

Pelvic Floor Check Up's

This appt is for women with normal bladder & bowel function and who want to stay that way.

We will screen you for pelvic floor risk factors and suggest strategies reduce your risks. We will examine your pelvic floor muscles in order to provide you a tailored exercise program that keeps your muscles fit and healthy.

An ideal appt to time with those life events that can change Pelvic Floor Function ie Menopause, Pregnancy, Hysterectomy

45min \$118 \$108 Concession

“Seeing is Believing” Real Time Ultrasound

Exercise works when your technique is correct. This non invasive ultrasound service shows you what your pelvic floor is actually doing so you can see if you are hitting the mark

30min appt \$98 \$88 concession

Treatment Appointment

Your treatment plan can include manual therapy, electrotherapy and a personally tailored pelvic floor muscle home exercise program.

Each treatment has to be assessed for its effect so key questions and examinations will be repeated. You may need to keep a diary of your symptoms & treatment responses between appointments.

Typically women work with Pelvic Floor Muscle Training for 12months and have between 3-6 physiotherapy appointments.

Some therapies involve single patient use equipment that will incur an additional charge per item.

Also available, in consultation with your doctor, is the supply, fit and review of Vaginal Pessaries.

30min \$88 \$78 Concession
45min \$108 \$98 Concession
60min \$128 \$118 Concession

Magnetic Chair & Physio

Available @ FBW Gynaecology Plus

If your doctor has referred you to the Magnetic Chair Program, you need a Pelvic Floor Muscle examination by our physio to determine the equipment settings.

If you are not already seeing our physio, you will need to attend this appointment before you can start using the Magnetic Chair.

30min \$98 \$88 Concession