



Ramsay Health Plus Joondalup

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Women's Health Physiotherapy



ramsayhealthplus.com.au

What we offer

The Ramsay Health Plus clinic offers physiotherapy for women throughout the lifespan from pregnancy, postnatal, post-surgical and beyond. Services at the clinic include physiotherapy for:

- Pelvic girdle pain
- Back pain
- Pelvic floor dysfunction
- Incontinence
- Overactive bladder
- Pelvic organ prolapse
- Abdominal muscle separation
- Return to exercise post birth/surgery
- Post-surgical recovery advice
- Pregnancy related pain
- Carpal tunnel syndrome
- DeQuervain's tenosynovitis
- Persistent pelvic pain (including endometriosis)
- Sexual dysfunction and pain
- Bowel dysfunction and incontinence

Physiotherapy can improve many different issues and symptoms women experience.

Our goal is to help women feel the best they can and participate in life to their full ability.



Group Physiotherapy Sessions

Group sessions are a great way to work towards your individual goals in a small group setting under the supervision of a physiotherapist. We offer group sessions that incorporate pilates-style exercises and equipment, aimed to improve your physical function, strength, flexibility and balance.

What you need to know

- No referral is required to come and see us, although you may like to discuss with your obstetrician, gynaecologist or local doctor, prior to commencing the program.
- Health Fund Extras claims are processed on site. We also accept Chronic Disease GP Management Plans, DVA, NDIS and third-party referrals.

