



Women's

Health Services

Important Information

Women's Health Services aim to optimise your health and wellbeing throughout different stages of life.

SportsMed Subiaco offers a range of Women's Health services including Hydrotherapy, Massage, Pilates, Osteogym, Physiotherapy and a range of exercise classes. These services are outlined in detail below.

Hydrotherapy

The buoyancy effect of the water makes it possible to exercise comfortably and safely under the supervision of qualified physiotherapists. The water is heated to 31 degrees.

Pre and post-operation

These sessions are available for conditioning before your operation and for rehabilitation afterwards.

Ante-natal

Ante-natal sessions can be commenced after 12 weeks of pregnancy and require a referral from your obstetrician or GP.

Post-natal

Post-natal classes are for parent (Dads are welcome) and baby (from 8 weeks old). These sessions comprise a 25-minute session of water interaction with the baby and then, after a 20 minute break to allow for changing, feeding and settling the baby, we provide a 45 minute aquarobic class for the mother. Babies are minded pool-side whilst the class is in progress.

To book, ask at reception or call today on **08 9382 9600**

Health Fund Rebates are available for all services.

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sportsmedsubiaco.com.au



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Massage

Massage can benefit the symptoms of many conditions including:

- Arthritis
- Back pain
- Headaches
- Insomnia
- Surgical recovery
- Joint strains and sprains
- Myofascial pain

Pregnancy-related problems: We tailor the massage to meet your particular needs using different positions and techniques.

Postpartum recovery: Massage helps restore your body to its pre-pregnant condition and addresses the stress of caring for your newborn.

You can receive a massage as early as 24 hours following delivery but only with written consent from your doctor or midwife.

Pilates

These classes are conducted in our dedicated Clinical Pilates studio under guidance by our physiotherapists.

For your comfort socks and a hand towel are required.

Circuit sessions are available for those who wish to maintain or improve strength and fitness.

Ante-natal and post-natal: These combined classes will help maintain or regain muscle tone and fitness. A referral is preferred for these classes.

Osteogym

These classes are designed for those wishing to maintain or improve bone density and are held in the SportsMed gym under the supervision of one of our physiotherapists.

Physiotherapy

- Back pain, pelvic pain and musculoskeletal problems
- Pelvic Floor muscle assessment and strengthening
- Abdominal muscle assessment and strengthening program
- Bladder & bowel disturbance
- Breast care and mastitis
- Painful perineum

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