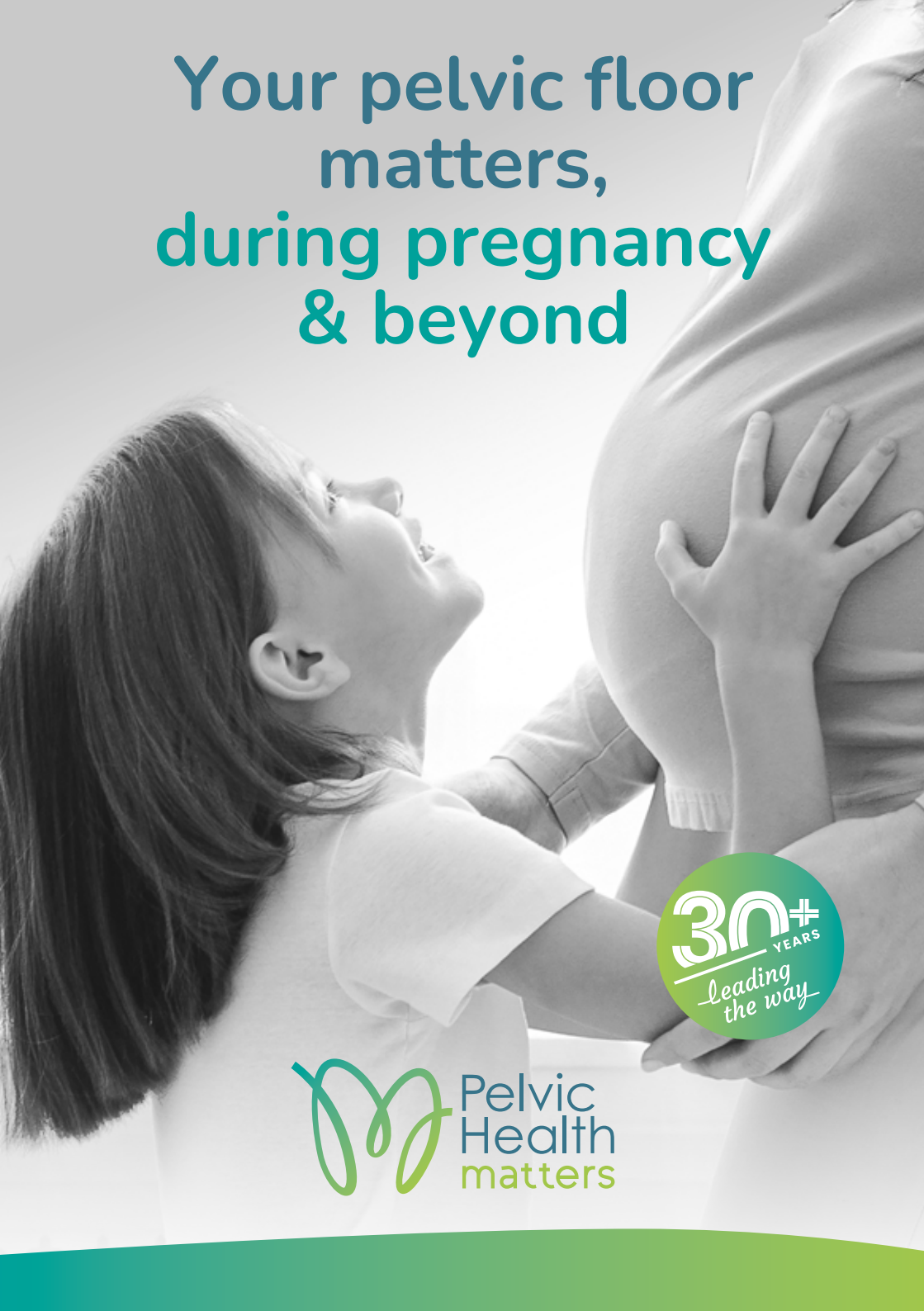


# Your pelvic floor matters, during pregnancy & beyond



# What matters to you, matters to us

“

*Looking after your pelvic health will help keep you exercising, playing with your children and enjoying intimacy. Even if you're not experiencing problems, now is the time to act!*

”

## Why pelvic floor exercises are important in pregnancy

- Reduces the risk of bladder leakage and prolapse, research proven
- Improves sexual and bowel function
- Reduces the length of labour and risk of perineal trauma
- Helps you recover more quickly after birth

## Research shows pelvic floor issues are common

- 1 in 3 people who've birthed a baby wet themselves
- Pelvic organ prolapse affects around 50% of women
- 50% of people cannot correctly contract their pelvic floor muscles

## Not all pelvic floor programs are the same

These days, DIY pelvic floor exercise programs are everywhere. But research shows pelvic floor exercises are only effective under the guidance of a post-graduate qualified pelvic health physiotherapist. They will assess your pelvic floor muscles, ensure you have a correct contraction and design an individualised plan. They will also adapt it to your changing needs over time.

## Pelvic health is all we do

At Pelvic Health Matters, pelvic health physio is our sole focus. And we've been leading the way in pelvic health for over 30 years. Every physiotherapist is post-graduate pelvic health qualified. With our advanced pelvic floor knowledge and skills, we can provide you with the highest standard of care and attention you deserve in your pregnancy and beyond.



Visit our website

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