

What Sets Us Apart

Extensive Experience

With over 30 years of experience, you're in the right place to get the expert physiotherapy care you can trust.

Proven Pathway

Pelvic health isn't one-dimensional and neither is our pathway. With our approach, you'll be living your best life.

Cutting-Edge Care

We're committed to the latest research, so you'll always receive current, effective and personalised physiotherapy treatment.

Positive Partnerships

Better outcomes happen when everyone's on the same page, so we'll work closely with you and your health professionals.

Empathetic Empowerment

Feel safe and supported as we help you rebuild confidence and take control of your pelvic health and your future.

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Pelvic health physio
is our sole focus.

You are our number
one concern.



 Pelvic
Health
matters

Based on evidence. Centred on you.

At Pelvic Health Matters, our approach is guided by solid, evidence-based research - but it's always centred on you. Everyone is unique, so we take the time to listen and understand what's behind your concerns. Our postgraduate-qualified Pelvic Health Physiotherapists provide you with the highest standard of care and the attention you deserve.

We can help you with:

- Bladder problems
- Bowel problems
- Pelvic organ prolapse
- Pelvic pain
- Sexual or vulval pain
- Endometriosis pain
- Prostate surgery
- Pelvic surgery
- Pelvic floor check
- Erectile dysfunction
- Pregnancy pelvic or back pain
- Perineal tear or episiotomy
- Stomach muscles separation/weakness
- Mastitis
- Birthskills



Visit our website

Our Pathway

Our pathway is all about establishing a relationship with you and encouraging shared decision-making at every step. Because we believe it's how you'll achieve your pelvic health goals and live your best life.

1 *Discover*

what matters

You're assessed as a whole person

- Hear your story & conduct a clinical assessment
- Understand your physical, emotional & lifestyle factors
- Set meaningful pelvic health goals
- **Discover** how it all fits together

2 *Restore*

what matters

You'll have a personalised pelvic health plan

- Choose from research proven treatment options
- Empower you with tools, skills and knowledge
- Provide guidance & support through your plan
- **Restore** your pelvic health

3 *Enjoy*

what matters

You'll be living your best life

- Celebrate achievement of your pelvic health goals
- Self-management encouraged, with support available
- Embrace new possibilities, reset when needed
- **Enjoy** a happy & fulfilling life