

# Why Physiotherapy for Pelvic Floor Rehabilitation?

The pelvic floor muscles are some of the most important and hard working muscles in our bodies but because they are hidden from view, they are often forgotten.

These muscles support and control the bladder and bowel and play a role in sexual function.

Evidence shows that pelvic floor muscle rehabilitation is optimally achieved through individualised assessment and treatment under the guidance of a trained Physiotherapist.

Our Physiotherapist has completed a Postgraduate Certificate in Pelvic Floor Physiotherapy from the University of Melbourne.

Our consulting room provides a comfortable, private environment where the Physiotherapist can adequately and effectively assess and treat your pelvic floor individually.

We are committed to a team approach with medical care givers.

## ACCESSING THE CONTINENCE CLINIC

### GP Referral for children required

No referral for adults is necessary although referrals from medical practitioners and results of relevant testing is welcomed.

Please note, there is a waitlist for our services.

### COST

A \$10 fee may be charged for your appointment.

*(No charge for DVA, Aboriginal or Torres Strait Islanders, Children under 18yrs)*

### FOR MORE INFORMATION CONTACT:

**Department** | Community Rehabilitation Centre

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**Phone:** (03) 50339321

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## Continence Clinic

Dedicated to improving the quality of life of men, woman and children with bladder and bowel problems

## What is the Continence Clinic?

Continence is the ability to control bowel and bladder function.

Problems occur for many reasons and can affect men and women of all ages.

The Swan Hill District Health Continence Clinic is a team of health professionals who promote excellence in the assessment and management of any type of bladder or bowel problem.

The team consist of:

- Continence Nurse
- Pelvic Floor/Continence Physiotherapist
- Liaison with Medical Specialists as required

Assistance is available no matter how long the symptoms have been present or how minor they may seem.



## What does the Continence Clinic offer?

The continence services offers many services, including:

- Assessment and Investigation
- Conservative management and strategies, including:
  - Bladder retraining
  - Pelvic floor muscle rehabilitation
  - Bowel/constipation management
  - Toileting programs
  - Management of bed wetting
- Education and advice about:
  - Urinary catheter management
  - Condom drainage
  - Continence pads, other aids and appliances
- Assistance and advice about how to access funding subsidies and referrals to specialists as required.

## Who can attend the clinic?

- Women and Men with:
  - bladder leakage
  - bladder frequency and urgency
  - bed wetting problems
  - frequency at night
  - bowel leakage
  - constipation
- Children with:
  - Bedwetting
  - Day wetting
  - Soiling
  - Constipation
- People with disabilities as a result of:
  - diabetes
  - arthritis
  - stroke
  - Parkinson's Disease
  - or other disabling conditions

Referrals are welcome from Doctors, Community services, Case Managers and other health professionals. You can also self-refer.