



# Breastfeeding mums : same-day appointments



Nearly 1 in 5 breastfeeding women will experience mastitis!

## Symptoms:

- Tenderness, redness or swelling in the breast
- Fever, body aches, fatigue or flu like symptoms
- Firm breast tissue or lumps that don't go away after feeds

## Our Services

—  
Therapeutic Ultrasound  
Lymphatic Massage  
Taping  
Self- Management Advice

**Physiotherapy has shown to be effective in treating blocked ducts when provided over 2-3 consecutive days  
Early treatment may avoid the need for antibiotics!**



[www.penrithpelvicfloor.com.au](http://www.penrithpelvicfloor.com.au)



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