



PENRITH PELVIC FLOOR

PHYSIOTHERAPY

RECOVER WITH CONFIDENCE



- Six week pelvic floor check
- Help for abdominal separation
- Help for incontinence, prolapse, perineal pain
- Ultrasound for mastitis
- Pilates-based recovery exercise programs
- Help for all the aches & pains of motherhood

39 Lemongrove Road, Penrith 2750
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Email: reception@penrithpelvicfloor.com.au
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PENRITH PELVIC FLOOR

PHYSIOTHERAPY

PREPARE WITH CONFIDENCE



- Help for pelvic girdle pain & other pregnancy aches & pains
- Supply of SRC compression garments & pelvic stability belts
- Help for bladder/bowel problems, and prolapse
- Pilates for pregnancy
- TENS Hire for labour
- Birth skills training classes
- Pelvic floor preparation



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