

Women's Health at Lansdowne Physiotherapy

Giving you an
ACTIVE choice



Elke Rudolph
Owner/Principal of
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Amanda Robertson
Physiotherapist

Nearly 30% of women and 10% of men experience incontinence and other pelvic floor problems. Some choose just to put up with these problems; not realising that, if left untreated, they won't go away and are likely to worsen with age.

Physiotherapy is acknowledged as the first line of treatment for urinary incontinence: a few treatments can improve and often cure these problems. In recognition of this, **Elke Rudolph** has postgraduate qualifications in the diagnosis and treatment of urinary incontinence and the pelvic floor.

The pelvic floor forms part of our core stability mechanism. Pelvic floor muscles are endurance muscles and are designed to be "always on guard" to maintain continence during activities such as walking, running, swimming, jumping, lifting, bending and sneezing.

If the pelvic floor muscles aren't working properly, they won't be able to do their job and that's when you may find yourself "damp" when you least expect it.

Often the first signs of a weak pelvic floor are the occasional "leak" when lifting, sneezing, coughing, jumping – or even laughing. Other symptoms to look out for include an urgent need to go to the toilet when your bladder is not full, going to the toilet frequently (more than 6 times during the day and more than once at night), and sometimes leaking urine before you can get to the toilet.

Many women are either unable to contract their pelvic floor muscles voluntarily or use an incorrect technique, which actually strains rather than strengthens their pelvic floor.

Elke can assess and teach you a correct pelvic floor technique and give you an individualised strengthening program.

If you would like to learn some simple exercises to help you regain the bladder control you need to work and play through your day without worrying, please make an appointment to see Elke.

Offering you a **WIDER** choice

- Back Pain
- Neck Pain
- Clinical Pilates
- Alexander Technique
- Aquatic Physiotherapy
- Postural Re-education
- Sports Injuries
- McKenzie Technique
- Continence and Pelvic Floor

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