

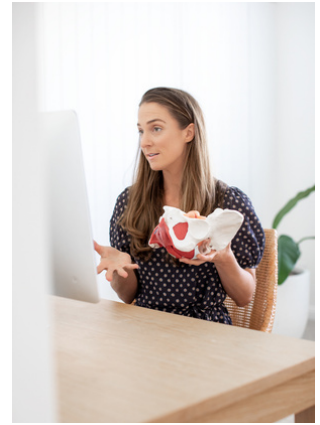
BOUTIQUE PELVIC HEALTH *online physiotherapy*

FOR MILD BLADDER + BOWEL CONCERNS

I HAVE MILD BLADDER OR BOWEL ISSUES...WHEN SHOULD I SEE A PELVIC HEALTH PHYSIO?

Mild bladder and bowel concerns can often be managed well if they are addressed early with comprehensive questioning and education. It is recommended to see a physiotherapist if you:

- Feel urgent and have to rush to the toilet for bladder or bowel movements,
- Are going to the toilet to urinate >6x day and waking >1 x night
- Have urine leakage that occurs on the way to the toilet, when you cough, sneeze, laugh or are physically active
- Strain and have hard lumpy stools when passing a bowel movement
- Have less than three soft bowel movements a week



WHAT IS THE COST OF AN ONLINE APPOINTMENT?

If you have **mild bladder and bowel concerns**, we recommend for most value to book an online consultation. This appointment is 30 minutes in duration, and costs **\$129**. Follow-up online appointments are \$109 for 30minutes. If these bladder and/or bowel concerns have been **persisting for over 6 months**, you may be eligible for a **GP management plan**. Please discuss this with your GP, and they will create a plan if you are eligible.

I WANT HELP, HOW DO BOOK AN ONLINE CONSULTATION?

- 1 Scan the QR code and select **“Online (Telehealth) Initial Pelvic Health Physiotherapy Appointment”** in the “Make A Booking” tab. The cost of your first appointment is \$129 and the duration will be 30 minutes. A \$25 deposit and email address is required to book.
- 2 On the day of your appointment you will receive an email link to your online appointment. **Log in 10 mins prior**, and have a list of questions ready for Zara, and think about your goals and what you would like to get out of your appointment.
- 3 At the end of your first online appointment, Zara will let you know the best plan from here on to suit your unique needs. This may be a combination of online or face to face appointments, or referrals to other health professionals.

BOOK BY
SCANNING
THIS QR CODE

