

# BOUQUETTE PELVIC HEALTH

# *physiotherapy*

ONLINE + GOLD COAST

Zara from Boutique Pelvic Health is dedicated to providing evidence-based, integrative, holistic pelvic health physiotherapy services to improve quality of life and wellbeing.

## REFERRALS + COMMUNICATION

e: [admin@boutiquepelvichealth.com](mailto:admin@boutiquepelvichealth.com)  
p: (07) 5552 1912

## WHAT ZARA CAN HELP WITH

Pelvic + Sexual pain  
Bladder dysfunction  
Bowel dysfunction  
Prolapse  
Pregnancy and Postnatal  
Pelvic Floor Screening for Exercise

## SERVICES ZARA OFFERS

### ONLINE PHYSIOTHERAPY

#### Telehealth using Cliniko Platform

Bridging the gap in access to healthcare for those not able to attend face-face appointments  
Accessible to anyone in Australia

### GOLD COAST PHYSIOTHERAPY

#### Bundall, Gold Coast

In-person consultations in Bundall, Gold Coast  
Suitable for all pelvic health conditions, particularly complex presentations.  
Group education and exercise program for persistent pelvic pain (NURTURE).

## EXPERIENCE

### 2015-2023 GCHHS UROGYNÆCOLOGY

Senior Physiotherapist, Pelvic Health Clinic  
Working collaboratively with urogynaecology doctors and nurses including pessary fittings and OASI tear management, as well as general women's pelvic health, pregnancy and postnatal.

### APA TITLED WOMEN'S, MEN'S, PELVIC HEALTH PHYSIOTHERAPIST

Masters of Physiotherapy, Major in Continence and Women's Health (completed 2019).

### PROFESSIONAL DEVELOPMENT & RESEARCH

Published five research articles 2018-2022 in the field of primary healthcare and innovative service delivery including group programs. Three of these as project lead.

Attended numerous professional development courses and conferences in the area of women's and pelvic health.

## COST

Gold Coast Initial Appt \$220 (60 min)  
Gold Coast Review Appt \$205 (60 min) \$155 (30 min)  
Online Appointments Initial Appt = \$129 (30 min)  
Online Appointments Review Appt = \$109 (30 min)

ZARA HOWARD

[WWW.BOUTIQUEPELVICHEALTH.COM](http://WWW.BOUTIQUEPELVICHEALTH.COM)