



The Ramsay Health Plus clinic is conveniently located across the road from Donvale Rehabilitation Hospital

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Women's Health Plus



ramsayhealthplus.com.au

Ramsay Health Plus

We are a multidisciplinary team of health professionals with a strong passion for helping women of all life stages.

Our team consists of

- Physiotherapists
- Dietitians
- Exercise Physiologists



Physiotherapy

Ramsay Health Plus offers a physiotherapy service for women of all life stages. Our female physiotherapists will work closely with you to manage:

- Pregnancy related pain
- Abdominal muscle separation
- Gestational diabetes
- Carpal Tunnel Syndrome & De Quervain's Tenosynovitis
- Bladder, bowel and pelvic floor disorders
- Pelvic organ prolapse
- Pelvic pain
- Fitness coaching

Group Physiotherapy Sessions

Group sessions are a great way to work towards your individual goals in a small group setting under the supervision of a physiotherapist. We offer group sessions that incorporate Pilates-style exercises and equipment, aimed to improve your physical function, strength, flexibility and balance.

Telehealth

Can't make it to the clinic? We are able to offer private video consultations depending on your individual needs.

What you need to know

- No referral is required to come and see us, although you may like to discuss with your obstetrician, gynaecologist or local doctor, prior to commencing the program.
- To make an enquiry or booking please call 9916 2402.
- Claimable through extras cover.

