



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](http://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.

