



PELVIC & WOMEN'S HEALTH PHYSIOTHERAPY

SPECIALISED CARE FOR MEN AND WOMEN

WHAT WE CAN HELP WITH

At Mead Physio Group, we're here to help you move comfortably, confidently and without pain. Our physiotherapists provide assessment and treatment for:

- Incontinence (bladder & bowel)
- Bladder concerns - urgency, frequency & voiding changes
- Constipation
- Pelvic organ prolapse
- Pelvic pain
- Sexual dysfunction, including pain with intercourse
- Pre- & post-gynaecological surgery
- Pre- & post-prostatectomy care
- Pregnancy care & exercise
- Postnatal care & mastitis

All consultations are private, respectful and tailored to your goals. Appointments are conducted with our dedicated Pelvic Health Physiotherapists, ensuring you receive expert guidance and support throughout your journey to improved pelvic health.



MEAD PHYSIO GROUP
LINKED HEALTH CARE
Physio | Exercise Therapy | Massage



EXERCISE RIGHT & REHAB
+ PILATES STUDIO

**THE
STRENGTH
LAB**

(Part of the Mead Physio Group)

HOW WE CAN HELP

Whether your symptoms are recent or long-standing, your physiotherapist will work with you to develop practical strategies that support recovery, build strength and help you return to the activities you enjoy.

Your physiotherapist will work with you to:

- Pregnancy and preparation for birth
- Postnatal rehabilitation
- Active lifestyles and sport
- Perimenopause and menopause
- Ongoing pelvic health concerns

HOW TO GET INVOLVED

Appointments available by referral or self-booking.

CARE FOR EVERY STAGE OF LIFE



Mead Physio Group

1/13 Mead Street, Kalamunda WA | 08 9293 1800

Exercise Right & Rehab

3/14 Mead Street, Kalamunda WA | 08 6500 1555

The Strength Lab

Shop 30 Kalamunda Central, 39 Railway Road, Kalamunda WA

www.meadphysiogroup.com.au