

Pelvic Floor Wellness Plan

Regain strength.
Restore confidence.
Rediscover comfort.



fernandez

Built for Birthing



Are you experiencing?

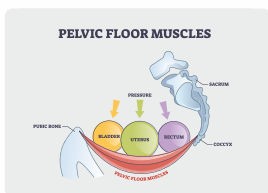
- Urine Leakage when you laugh, cough, or sneeze
- Rushing to the bathroom, but not making it in time
- Difficulty passing stools or constipation
- Pelvic pressure, discomfort, or heaviness
- Pain during or after intercourse
- Feeling something bulging out from the vaginal area
- Weakness and/or laxity in pelvic floor muscles post childbirth
- Reduced sexual pleasure or difficulty reaching orgasm

You might be experiencing ***Pelvic Floor Dysfunction***.

What is the Pelvic Floor?

Your pelvic floor is a network of muscles and connective tissues that act like a sling—supporting vital organs such as the bladder, uterus, and rectum. These muscles play a vital role in:

- Controlling bladder and bowel movements
- Supporting posture and core stability
- Enhancing sexual health



You Are Not Alone

Pelvic floor issues affect 1 in 3 women. These issues can arise from:

- *Childbirth*
- *Surgery*
- *Menopause*
- *Aging*
- *Athletic overuse*

How We Help at Fernandez

Our expert team includes the Gynaecologist and a Physiotherapist who will assess the problem and offer customised care plan of pelvic floor therapy to reduce pain, restore function, and improve quality of life.



Your Care Plan Includes:

- An assessment of your problem and options of treatment
- Targeted pelvic floor muscle exercises
- Core strengthening for better pelvic support
- Biofeedback therapy for muscle control
- Electrical stimulation for weakened muscles
- Myofascial release and soft tissue therapy
- Joint mobilisation to improve pelvic alignment
- Relaxation techniques to release pelvic tension

What is Pelvic Floor Biofeedback?



Pelvic floor biofeedback is a safe, painless technique that uses probes, visual and auditory cues to help you:

- Identify and create awareness of pelvic floor muscles
- To activate or relax the targetted muscles based on need
- Retrain incorrect patterns
- Regain bladder and bowel control
- Improve sexual function

With guided therapy and regular home practice, biofeedback can significantly enhance pelvic muscle awareness and control.



Let's Rebuild, Together!

At Fernandez, we understand the sensitivity of pelvic health concerns. With compassion and clinical expertise, our team is here to help you feel whole again.

**To book a consultation
or learn more**



 **1800 419 1397**

