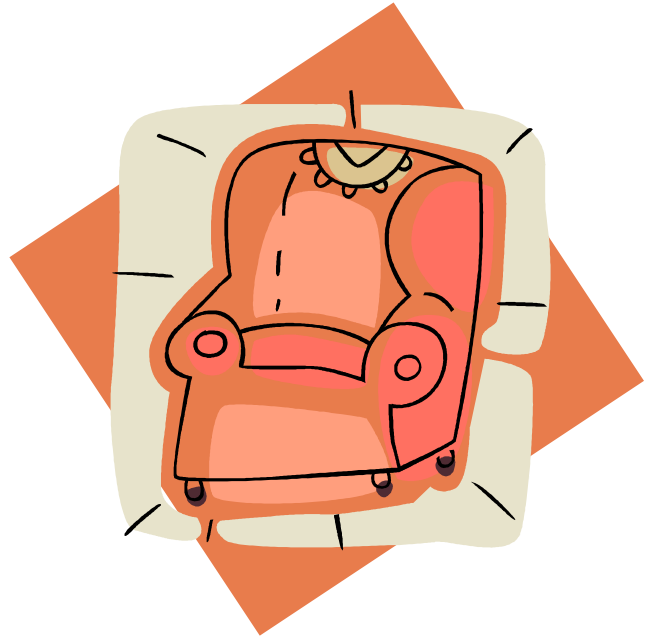


# Pelvic Floor Chair

**DO YOU SUFFER FROM  
INCONTINENCE?**

**NOW THERE IS HOPE OF  
RESTORING NORMAL  
BLADDER FUNCTION!**



The Illawarra Women's Health Centre is one of only 3 centres in NSW that has this Pelvic Floor Chair. The cost per session at this centre is \$5 or \$2 concession.

As many as 1 in 3 women experience minor degrees of incontinence. Minor problems tend to worsen with time, childbirth and menopause.

There is now new hope of restoring normal bladder function with the Pelvic Floor Chair. This chair creates a therapeutic magnetic field that produces powerful stimulation to vital muscles that cannot be activated through manual pelvic floor exercises alone.

We have now completed 12 programs with the Chair and we (and the women) are very pleased with the results.

The program is simple, painless and non-invasive, and consists of 16 sessions where the client sits comfortably, fully clothed on the Chair. Each treatment takes 20 minutes and continues twice a week for 8 weeks.

All women who wish to participate in the program are assessed by a doctor from our centre, or their own doctor, who would need to complete Medicare Item No. 721 Care Plan, or they could refer you here and our Doctor will do the Care Plan.

If you would like to know more, you can contact Julie Zingel, who is the Pelvic Floor Chair Coordinator, by ringing 4255 6800.



ILLAWARRA WOMEN'S HEALTH CENTRE

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