

# RECENTLY HAD A BABY?

Wanting to start exercising?

Have you had a postnatal check for –

- Your pelvic floor
- Core Strength
- Pelvic Stability
- Abdominal Separation

KEEN TO FEEL FIT and start focusing on your body's recovery after baby?

THINK FIRST about your exercise choice and what your body is ready for.....

SOME EXERCISES started too early or done incorrectly can trigger vaginal prolapse and bladder leakage as well as pelvic girdle pain.



BE GUIDED on how to do core exercises *CORRECTLY*.

Book an assessment **TODAY**

Eleanor *also treats:*

- WRIST, BACK *AND* RIB PAIN
- CARPEL TUNNEL *AND* DEQUERVAIN SYNDROME
- DYSpareunia (PAIN WITH INTERCOURSE)
- BLADDER *AND* BOWEL INCONTINENCE
- BLADDER URGENCY *AND* URGE INCONTINENCE
- BLADDER TRAINING
- OBSTRUCTED DEFAECATION *AND* CONSTIPATION
- OVERACTIVE PELVIC FLOOR MUSCLES
- PRE *AND* POST SURGICAL PELVIC FLOOR TRAINING

Eleanor Lee-Bognar

is an experienced women's health physiotherapist of over 20 years who can assess you for exercise readiness and offer you a proactive approach to protecting your pelvic floor and musculoskeletal system.



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