

Thinking about getting pregnant  
or are you already pregnant?

you'd be working hard at getting  
**BODY FOCUSED**



Thinking about getting pregnant  
or are you already pregnant?

you'd be working hard at getting  
**BODY FOCUSED**

YOUR BODY will go through incredible physical changes in pregnancy but few women start thinking about their pelvic floor muscles, core strength, muscle and postural imbalance or BLADDER CONTROL before pregnancy.

TAKE A PRO-ACTIVE approach and learn how to do pelvic floor and deep tummy muscle exercises (transversus abdominus) correctly. Integrating these muscles with functional exercises to prevent backpain, pelvic girdle pain (such as pubic symphysis and sacroiliac joint dysfunction which are often mistaken for sciatica), prevent INCONTINENCE, PROLAPSE and learn good BLADDER and BOWEL PRACTICE.

If symptoms already exist.... early management is recommended to prevent imbalance and ongoing problems.

Eleanor Lee-Bognar  
is an established women's  
health physiotherapist  
in the Inner West with  
over 20 years clinical  
experience.



Book an assessment  
**TODAY**

email: [eleebognar@optusnet.com.au](mailto:eleebognar@optusnet.com.au)  
mobile: 0410680890 [www.integratedpelvicfloor.com/](http://www.integratedpelvicfloor.com/)