

about bri

i am a physiotherapist with further qualifications in pelvic health physiotherapy. i have completed further training with the australian physiotherapy association; womens health training associates and pelvic health melbourne.



it is a huge passion of mine to be able to offer this service to the portland and surrounding community. growing up in portland myself and travelling for more specialty care was normal. at times; it was unachievable with other commitments.

unfortunately for a lot of women; this means just putting up with discomfort and pain.

i aim to change this for women in portland.



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pelvic health physiotherapy

with
bri crowe



what does pelvic health physiotherapy treat:

pelvic health physiotherapy involves assessment and treatment of the structures in the pelvis; including muscles and organs.

pelvic health physiotherapy uses a range of techniques and skills to assist with the prevention and recovery of pelvic floor dysfunction symptoms.

conditions/symptoms that will benefit from pelvic health physiotherapy include:

- urinary incontinence
- overactive bladder
- frequent bladder infections
- constipation
- bowel incontinence
- pelvic organ prolapse
- birth trauma and recovery
- antenatal pelvic floor assessments (second trimester; 34 weeks)
- post-partum pelvic floor assessments (6 week check; ongoing as required)
- post-partum safe return to exercise/sport
- pelvic pain (endometriosis; adenomyosis; cysts; fibroids)
- pain with intimacy
- vaginismus
- vulvodynia
- pelvic girdle pain during pregnancy and beyond



pelvic floor exercises

we know about them; but how regularly are we doing them? are we doing them properly?

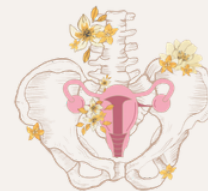
the pelvic floor muscles are a group of small but very important muscles that sit at the base of the pelvis. unlike other muscles in our body; we can't see our pelvic floor muscles working; so it can be difficult to know if we are doing them correctly.

they have 3 main functions:

- supporting the abdominal contents + your baby during pregnancy and heavy abdominal pressure ie. cough; sneeze; jump
- conscious control to the opening of the bladder and bowel
- the ability to have pleasurable intercourse and orgasm.

we also need to know if our pelvic floor symptoms are because of a weak pelvic floor or whether it is because our pelvic floor is overactive. doing more pelvic floor exercises when we already have an overactive pelvic floor is counterintuitive. chronic pelvic pain conditions like endometriosis is one that is commonly associated with an overactive pelvic floor.

for some people; pelvic floor exercises are enough but for others; we also need a more tailored treatment plan to help manage their symptoms.



common questions

what to expect:

i endeavour to make you feel safe and heard when you enter my room. we will go through a thorough history of your symptoms and i will discuss what assessments would be most accurate for your treatment.

this can; with your consent; include an external assessment of your pelvic floor but the most beneficial in many cases is an internal assessment of your pelvic floor muscles and organs and how well they are functioning.

you will go home with a better understanding of your pelvic health; awareness of correct technique for pelvic floor exercises and a tailored plan of how to improve your symptoms.

do you need to prepare?

you do not need to prepare anything. just bring yourself!

how to book:

you do not need a referral to see me. just call the lovely team at active health who will be able to find a spot that suits you.

consultation fee:

initial session
allow 45 mins-1hr
\$200

subsequent session
30 mins
\$150



you can use a chronic disease care plan from your gp if you are eligible and physiotherapy can receive a rebate from private health insurance.