



BEGA 02 6492 0023

15 Canning Street

MERIMBULA 02 6495 2281

3 Sapphire Coast Drive

EDEN 02 6296 2828

Cnr Chandos and Imlay Streets

JINDABYNE 02 6452 4203

Jindabyne Superclinic, 5 Thredbo Terrace

COOMA 02 6452 4203

Bombala Street Medical Centre

We also treat painful joints, poor posture, back and neck pain, headaches, muscular pain, sports injuries, workplace injuries, pre- and post-surgery, pre- and post-natal conditions.

Doing Pelvic Floor Exercises?

Unknowingly, 50% of women are doing pelvic floor exercises incorrectly, so receiving little benefit...sometimes even worsening things.

Sapphire Coast Physiotherapists can check and monitor how effective your exercising is. It's simple, instructive, and can even be a bit of fun!

Call 6492 0023 today to make an appointment.

pssst...

Ladies, girls.

**One minute,
please...**



Do you involuntarily pass a little urine when you cough or sneeze or laugh or run or jump. Or do you have an overactive bladder... frequently visiting the toilet, or feeling you have to stop at almost every town on a long trip?

These are not uncommon conditions.

For example, 2 out of 3 Australian women experience bladder leakage in their lifetime.

You don't have to live with these conditions forever... or spend money regularly buying pads or panty liners.

Specially trained (female) physiotherapists at **Sapphire Coast Physiotherapy** can assess your condition and tailor a program – specifically for you – to cure or manage the condition.

It won't be hard work. It can simply become part of your daily lifestyle – and it will give you life-long benefits. This is not like asking you to stop smoking; it is more like developing a daily routine that is as simple and easy as your daily hair care routine.

Don't delay. Call Sapphire Coast Physiotherapy today on 6492 0023 to make an appointment – **one that will change your life!**

No doctor's referral is necessary.

There are significant added benefits in acting now:

- ✓ You should no longer need pads or panty liners
- ✓ Your sex life may improve
- ✓ You can enjoy normal daily activities without interruption from embarrassing moments
- ✓ The costs of consulting a physiotherapist at Sapphire Coast Physiotherapy may be covered in full or part by Medicare's Enhanced Care Plan.

Any queries? Or just want to have a brief, no-obligation chat with one of our qualified physiotherapists? Then call 6492 0023.

*Another Women's Health Initiative
from*



www.sapphirecoastphysio.com