

Pelvic Function & Conditioning

An evidence based exercise intervention delivered by an experienced Exercise Physiologist that restores pelvic function, reduces pelvic pain and enables a return to normal activities and exercise. We:

- Collaborate with your physiotherapist and specialist carer to ensure quality care
- Prescribe safe and effective evidence based exercise
- Provide you with an individualised program
- Enable you to make better decisions and improve the quality of your life



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