

# Women's Health with Melissa

The World Health Organization states that whilst women around the world generally have a longer life expectancy, for a variety of reasons, they often have a lower quality of life. While women in Australia generally experience a high level of health when compared to international statistics, there are significant differences between Australia's indigenous and non-indigenous women in terms of life expectancy, maternal mortality rates and cervical cancer.



## BENEFITS FOR WOMEN IN PHYSIOTHERAPY

### Menstrual and Hormonal Health

- Conditions like dysmenorrhea (painful periods) can be managed with physiotherapy techniques, including exercise and relaxation strategies.

### Pelvic Health

- Pelvic Floor Dysfunction: Physiotherapists can help women manage conditions like urinary incontinence, pelvic pain, and prolapse through targeted exercises and education.
- Pregnancy and Postpartum Care: Specialized physiotherapy can assist with managing pain during pregnancy, preparing for labor, and rehabilitating after childbirth.

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It is for this reason that I am embarking on a journey to broaden my knowledge in Women's Health. By definition, the role of the physiotherapist working in women's health includes the evaluation, treatment and education of women throughout the stages of life. The various life stages may include the adolescent, child bearing years and menopause with a focus on incontinence, pelvic floor dysfunction and sports medicine issues unique to women.

To date, I have been challenged in my understanding of the concepts of biological sex and gender when defining "female". I have a better understanding on the changes a woman's body goes through during different life stages and the role exercise can play at each stage and I have learnt that there are misconceptions and my role as a women's health physiotherapist would be to educate my patients on the latest evidence based research to promote better health and wellbeing.

On completion, I will be able to include Women's Health as an area of interest and will be welcoming patients who require physiotherapy services for prenatal and postpartum care, menopause, pelvic floor dysfunction and incontinence.

