



# WOMEN'S *health*



## ABOUT US

Our philosophy has grown from the experience of successfully working with thousands of clients and developing a unique method focussed on creating permanent transformations in people's health.

## 3 STEP RESULTS FOCUSED SYSTEM

- 1 Discover** the root cause of your problem & identify what you want to achieve. We develop a tailored plan with you.
- 2 Transform** through the implementation of your unique plan and help you overcome your pain and functional limitations.
- 3 Master** for yourself, having achieved your desired result, we will give you the skills necessary to master your new level of life for the future.



## WE CAN HELP YOU

Many women tolerate these problems for years thinking they are a normal part of being a woman. Embarrassment often prevents women seeking help and many women are unaware that there are effective treatments available.



### **PELVIC FLOOR DYSFUNCTION & INCONTINENCE**

Treatment for this can include exercise and advice, which is tailored to your individual needs.



### **PRE & POST NATAL**

Kirsty is a certified Mummy MOT practitioner and trained in many pre and post natal conditions.



### **CHRONIC PELVIC PAIN**

We offer many safe and successful treatments for pelvic conditions including vulvodynia and endometriosis.



### **PELVIC ORGAN PROLAPSE**

This can happen at any time of life and physiotherapy can be very successful in solving this.

# KIRSTY SANDERS

WOMEN'S HEALTH PHYSIOTHERAPIST &  
CERTIFIED MUMMY MOT PRACTITIONER

*"I am so glad I started my therapy here. I am so much better and I have learned to manage my symptoms. Kirsty is amazing!! Thank you."* **Claudia**



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