



During Pregnancy

During pregnancy, due to ligamentous laxity and body weight gain, mothers are more prone to injuries like ankle sprains, plantar fasciitis and mechanical foot arch pain. We can help evaluate your symptoms or weakness and provide comprehensive care for you.

We can also provide electrotherapy, taping, bracing, appropriate strengthening programs and recommendations for supportive footwear.

Pelvic Floor Despite the effectiveness of pelvic floor muscle training (PFMT) for treating female urinary incontinence, the majority of the pregnant women do not receive adequate education and guidance on PFMT during & post pregnancy. **We can teach you how to engage those muscles and prescribe exercises to strengthen your pelvic floor.**



During Pregnancy

Pelvic girdle pain (PGP) aka pain associated with the sacroiliac joint (SIJ) and its surrounding muscles and ligaments are often misdiagnosed as lumbar spine disorders and can become chronic if left untreated. **We can use manual therapy, taping, self-care strategies and relevant exercise programs to reduce your symptoms and prevent future injury.**

Rectus abdominis and Pubic Symphysis diastasis (RAD / PSD) refers to the abdominal muscle and pubic bone separation can occur due to hormonal changes of the connective tissue and strain during pregnancy. During the third trimester of pregnancy, about 66% women will suffer from the secondary impact of RAD/PSD on their trunk stability and flexibility. **We can assess your current weakness, treat relevant symptoms, and prescribe exercises to reduce the diastasis.**



Post Pregnancy

Exercise Resuming pre-pregnancy physical activity as soon as comfortable (after a non-complicated natural child-birth) is recommended. Physical activity during the post-natal period has been shown to improve cardio-respiratory fitness, promote weight loss and reduce the risk of postnatal depression and anxiety. **We can prescribe safe, effective exercise program or help to modify your exercise routine, make it specific and progressive towards your personal goals.**

Incontinence About 33% women will experience some degrees of urinary incontinence after labour, with 31% following natural birth and 15% following cesarean birth delivery methods. **We can help assessing the severity of your symptoms, analysing the causes of your problems, providing useful information for self-care, and prescribing relevant exercises to strengthen your pelvic floor.**



Post Pregnancy

Breastfeeding Whilst breastfeeding, mothers often develop muscular issues in the arms, shoulders and back due to prolonged periods holding specific positions. **We can help relieving the pain by using massage, dry-needling, ultrasound, taping, postural retraining and strengthening programs.**

De Quervain's tenosynovitis is a painful disorder caused by inflammation of the tendons on the thumb side of the wrist. It can be triggered or worsened by loading or moving the wrist repetitively, such as picking up your baby. **We can help with your pain using electrotherapy, manual stretches and graduated strengthening programs. We can also provide wrist taping or splinting and recommend work duty modifications if needed.**

Meet Our Team



Joe- Chiro

Henry- Chiro



Grant- Physio

Leeloo- Physio



Laura- Massage Courtney- Massage



Sammy- Massage Nancy- Nutrition

To book or find out more

Call: 9204 1010

Web: completecurehealth.com.au

Locations: Ellenbrook, Wembley, Maddington



PREGNANCY

Pregnant?

Recently had a baby?

Experiencing pain?

We can help!

Treatable Conditions:

- Lower back/ SIJ pain
- Carpal tunnel syndrome
- De Quervain's tendinosis
- Thoracic / rib pain
- Pelvic girdle pain
- Rectus abdominis / Pubic Symphysis diastasis (RAD / PSD)
- Round Ligament Pain
- Blocked milk ducts
- Constipation
- Urinary incontinence / frequency
- Foot arch pain

