

Women's Health Physiotherapy at Mt Wilga



We are pleased to offer Women's Health Physiotherapy services through Ramsay Health Plus operating at Mt Wilga Private Hospital in Hornsby.

Our services include:

- Assessment and Treatment of women in The Childbearing Year for Pregnancy-related Lumbopelvic Pain, Carpal Tunnel Syndrome, Diastasis Rectus Abdominus, pelvic floor conditions including urinary incontinence and constipation and rehabilitation post-caesarean
- Assessment and training of pelvic floor muscles for a range of conditions including urinary incontinence, faecal incontinence, pelvic floor prolapse and during the pre and postpartum period.
- Exercise prescription for women of all ages including post-menopausal women
- Management of Pelvic Pain.



Ann McCredden has been a registered Physiotherapist for 28 years and has had an interest in male and female pelvic health for the past 14 years.

Ann has completed practical pelvic floor assessment workshops at the Royal Women's Hospital and Newcastle University.

She has also completed courses in:

- Level 1 Rehabilitative Ultrasound
- Biofeedback for Pelvic Floor
- Healthy Bladder and Bowels and Pessary Management in Physiotherapy*
- Physiotherapy in the Childbearing year
- Ante and Postnatal Pilates

Ann has also completed a Male Pelvic Floor workshop and can offer advice and pelvic floor training pre and post operatively for men undergoing radical prostatectomy.

Ann is a Mum, Scout Leader and outdoor enthusiast. She loves cycling, canoeing and bushwalking and adheres to the principle that "exercise is medicine"!



Maya Khanna is a musculoskeletal and rehabilitation physiotherapist with more than 15 years' experience. Maya has completed a range of post-graduate courses including:

- Explain Pain
- McKenzie Mechanical Diagnosis and Treatment (Credentialled)
- Spinal Manual Therapy (Manual Concepts)
- Certified Pilates Instructor (APPI)

Maya has a special interest in Women's Health and is currently completing the Women's Health through the Life Stages and Women's Pelvic Health career pathway through the Australian Physiotherapy Association.

Maya is passionate about helping women of all ages lead an active lifestyle. She loves swimming, walking and trying to keep up with her busy 4-year-old son!

Women's Health Physiotherapy services are available through Ramsay Health Plus operating at Mt Wilga Private Hospital. For more information or to discuss treatment options please contact us at 9847 5015 or TherapyBookings.MWP@ramsayhealth.com.au.

ramsayhealthplus.com.au

**Please note that we cannot fit or supply pessaries at Mt Wilga but can assess and refer on as required*