

## WOMEN'S HEALTH PHYSIOTHERAPY SERVICES

Women's health Physiotherapy addresses concerns in all stages of a woman's life, from teens to post menopause.

The clinic provides services for pelvic floor dysfunction, reproductive health, sexual health, menstruation, maternal health, childbirth (pre/post partum), prolapse, incontinence, pelvic pain, bladder & bowel dysfunction, sport related issues (i.e. leakage or injuries that lead to pelvic pain or pelvic instability), oncology, post surgical recovery and bone health.

We offer a functional whole body approach to women's health, guided by Diane Lee's Integrated Systems Model (ISM). We empower our patients with knowledge, movement training and awareness, working together to help achieve their goals. **We provide thorough functional assessments, real time ultrasound assessments and internal pelvic floor examinations if required. Clinical Pilates equipment is also available for one-on-one sessions with Kelly Meddings.**

Diane Lee & Associates has three Physiotherapists providing women's health services:

**Leigh Fortuna**

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Bachelor of Science in  
Physical Therapy

**Kelly Meddings**

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Doctor of Physiotherapy  
Bachelor of Biomedical Science

**Adrienne Sim\***

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Master of Physiotherapy  
Bachelor of Human Kinetics