

YOU Inc. Educational meeting
24th February 2024

“Pelvic Health Physiotherapy - the pelvic floor & more”

**We are so please to announce we have a wonderful
Physiotherapist, Shan Morrison, speaking at this meeting.
(this will be recorded for those who cannot attend).**

Shan is a Specialist Women's, Men's & Pelvic Health Physiotherapist and fellow of the Australian College of Physiotherapists who has practiced exclusively in pelvic health for 30 years. She is the Director of Women's & Men's Health Physiotherapy a private practice based in Melbourne that exists to restore pelvic health, empowering every person to live their best life.

Shan's clinical passion is providing person-centred care that integrates a mind-body psychologically informed approach for those experiencing pelvic health conditions.

Shan presents regularly at national conferences and lectures at the University of Melbourne post graduate qualification in pelvic floor rehabilitation.

IMPORTANT INFORMATION

Many people associate pelvic floor exercises with their bladder (urinary continence) however following rectal ,bowel surgery they are just as important.

In the back passage anus there are 2 sets of muscles one higher up and the other right at the lowest point which are called *sphincters*. Following a reversal or even prior to reversal, it is important to do pelvic floor exercises not only for bladder but individually for the anal sphincters. The success of J Pouch largely depends on that final anal sphincter. Many women have experienced bowel (faecal) incontinence following childbirth but we tend to forget the men, just as important that they learn and are competent with these exercises both bladder and bowel.

A few questions Shan will be answering:

- Should patients be seeing a pelvic floor physiotherapist before having major abdominal surgery?
 - What type of assessment and or strengthening needs to be done?
 - Can this have an effect of how well you recover post-surgery?
- Can incontinence, post reversal surgery, be prevented by the use of pelvic floor physio?
 - Are there specific exercises for J pouch recipients?

**We will also be having “YOU talk” where we sit around and chat and share experiences !
This will be held from around 10.30am - 11.30 am. A great opportunity to meet others !**

**When - Saturday, 24th February 2024
Where - Nurses Memorial Centre
Slater Street (off St Kilda Road)
Melbourne**

**Parking is out the front but mainly on St Kilda Road
\$5 entry fee and \$10 families with a light lunch provided.**

TRADE COMPANIES WILL BE ATTENDING SHOWING THEIR LATEST SUPPLIES

You can chat to them and have samples sent to you.

R.S.V.P. 22nd for catering purposes — email helshae@hotmail.com, privately message Bonnie (admin) or Helen (admin) through our fb page or phone **0412 144 230** Helen and leave a message.