

Dynamic Women...& Men

Although, we are called Dynamic Women, we realise that men also suffer from pelvic floor related issues, especially incontinence. We have both male & female practitioners that understand & can help with issues of both females & males!

Other services

We also offer a full range of general physiotherapy, pilates and myotherapy services for clients without specific needs both male and female.



Dynamic Women Packages

PERFECT PREGNANCY PACKAGE

30 week program : 60 classes in total
Initial Assessment with physiotherapist
Pregnancy massage x 3
Pregnancy class x 2/week x 30 weeks = 60 classes
Post Assessment including diagnostic ultrasound
Dynamic women pregnancy gift pack (VALUE \$160)
FREE friends passes x 3
COST \$1750 SAVE \$600

PREGNANCY PLUS PACKAGE

20 week program 40 classes in total
Initial Assessment with physiotherapist
Pregnancy massage x 2
Pregnancy class x 2/week x 20 weeks = 40 classes
Post Assessment including diagnostic ultrasound
Dynamic women pregnancy pack (VALUE \$150)
FREE friends passes x 3
COST \$1195 SAVE \$485

LAST MINUTE PREGNANCY PACKAGE

10 week program 20 classes in total
Initial Assessment with physiotherapist
Pregnancy massage x 1
Pregnancy class x 2/week x 10 weeks = 20 classes
Dynamic women carry bag (VALUE \$50)
FREE friends passes x 1
COST \$610 SAVE \$200

“GET YOUR TUMMY BACK” PACKAGE

10 week program 20 classes in total
Initial Assessment including diagnostic ultrasound
Post Pregnancy class x 2/week x 10 weeks = 20 classes
Dynamic women carry bag (VALUE \$50)
FREE friends passes x 1
COST \$565 SAVE \$185

Contact Dynamic Women
Level 1, 161-165 Swan Street,
Richmond 3132
Phone (03) 9428 3330



Strong



on the



inside



Dynamic Women

Since 2001 Dynamic Stability has been one of Melbourne's largest & most highly regarded physiotherapy & pilates studios. Now Dynamic Stability is opening a new specialist clinic - Dynamic Women.

Designed especially for women, we will be offering a range of exciting new assessment techniques, classes, physiotherapy & myotherapy services.

Using the latest real time diagnostic ultrasound, whether is it general women's health, pre & post natal care, or continence training, the specialist staff at Dynamic Women will recommend the right program for you.

Conveniently located in Richmond, with ample parking, Dynamic Women offers a peaceful & private studio with staff that have had extensive training in women's needs.

Strong on the inside...

Your pelvic floor muscles stretch between the pubic bone at the front of the pelvis, & the tail bone at the back. They form a hammock-like support for the organs of the pelvis — the bladder, uterus & bowel.

Pelvic floor muscles weaken for similar reasons to other muscles in our bodies: natural ageing & inactivity. But pelvic floor muscles are also often weakened through hormonal changes in women's bodies, & through pregnancy & childbirth. Factors such as being overweight, ongoing constipation & a chronic cough can put extra pressure on the pelvic floor & pelvic surgery can also have damaging effects.

A regime of pelvic floor exercises, introduced earlier in life, will prevent many of the problems associated with a weak pelvic floor muscle emerging later. It is never too early or too late to begin exercising your pelvic floor.

Our services

Women's health services

One in three women in Australia experience incontinence. A number of factors cause incontinence including pregnancy & childbirth, pelvic surgery (for example hysterectomy), hormonal changes during menopause & certain medications.

Weak pelvic floor muscles have other consequences. Sometimes they cannot properly support women's reproductive organs. Over time, if these organs drop lower in the body it can cause lower back discomfort & pain, especially during intercourse.

We know, & research shows that a regular program of pelvic floor exercise does make a difference!

Pre & post natal care

Over half of pregnant women report symptoms of pelvic discomfort & urinary incontinence.

Regular exercise during pregnancy can prepare your body for labour & the demands of a new baby. Continuing this exercise post pregnancy can not only help you in caring for a newborn which can be stressful & physically demanding, it can help you get your pre baby body back!

Using the real time diagnostic ultrasound, we can assess you after the birth & recommend the right classes & or treatments to make sure you're pelvic floor, stomach muscles and back are in top shape.

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