

Victoria **Physiotherapy** Group

INTRODUCING LARA KOAY (PHYSIOTHERAPIST) **SPECIALISING IN WOMENS' HEALTH ISSUES** AT VICTORIA PHYSIOTHERAPY GROUP



Whilst working at Victoria Physiotherapy Group over the past 2 years, Lara has continued to develop her knowledge and interest in the area of Womens' Health.

Lara's previous employment in Sydney provided her with a unique opportunity to work alongside a Womens' Health Specialist. Lara completed further studies of the Pelvic Floor and Incontinence in Newcastle with Dr. Pauline Chiallari (Physiotherapist - Pelvic Floor Specialist).

Lara is able to assist in a range of Womens' Health issues including;

- ▶ **Pilates in the Pre and Post-Natal Period**
- ▶ **Breast Care during the nursing period (e.g. blocked ducts, mastitis)**
 - ▶ **Spinal/Pelvic pain relating to pregnancy**
- ▶ **Pelvic Floor Dysfunction (post-natal period/post menopausal)**
 - ▶ **Urinary Incontinence**

FOR MORE
INFORMATION
CONTACT LARA
AT THE CLINIC:
9361 5123



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