

# PHYSIOTHERAPY

LWHC's newest addition to our complementary therapy services.

**Appointments now available on Mondays!**

We aim to empower women throughout their life stages through education, movement, and manual therapy, bridging the gap between the musculoskeletal system and the pelvic floor.

Our vision is to provide a comfortable and safe space for women to open up about their concerns and to guide, support and empower them to take control of their health.

Our Physiotherapy services help treat a wide range of health and wellness issues, including:

- ✓ **Muscle and joint pain/weakness.**
- ✓ **Back and neck pain.**
- ✓ **Pelvic health.**
- ✓ **Incontinence**
- ✓ **And More**



## FREQUENTLY ASKED QUESTIONS

### How do I make an appointment?

Please call us on 02 9601 3555, our Client Services Officer can assist you with making an appointment.

### What is the cost of appointments?

Pricing structure consistent across all complementary services:  
Standard Consultations: \$40  
Standard Consultation (Concession Card Holder): \$10

The cost of prescription products for Naturopathy & Chinese Herbal Medicine will generally range from \$5 - \$30.

### What if my financial circumstance change?

We are committed to ensuring equity in accessing our services. If your financial situation changes, please speak to your clinician or one of our receptionists.

### How many appointments can I access each year?

- Eight (8) physiotherapy appointments in a calendar year
- Eight (8) acupuncture appointments in a calendar year
- Twelve (12) naturopath appointments in a calendar year

### What happens if I can't attend or miss an appointment?

We know things happen or change frequently! If you need to cancel or reschedule your appointment, please let us know, we are more than happy to assist.

If you do not show up for your appointment without letting us know on more than 1 occasion, you will be asked in future to pay for your appointment at the time of booking.

### I would like some additional information before booking an appointment?

Please call us on 02 9601 3555, our Client Services Officer may be able to answer your questions. If not, we can schedule you a phone appointment with a complementary therapy practitioner.



LIVERPOOL  
WOMEN'S  
HEALTH CENTRE

**A safe space for women.**

## ALLIED HEALTH & COMPLEMENTARY THERAPY INFORMATION PACK

Complementary therapy services at Liverpool Women's Health Centre provide holistic support to enhance well-being and address a range of women's health issues through various non-traditional and integrative approaches.

### Location

26 Bathurst Street, Liverpool, NSW, 2170  
(Corner of Bathurst & Campbell St)

### Opening Hours

Monday - Friday  
9:00am - 5:00pm

(Closed between 1:00pm - 2:00pm)

# TRADITIONAL CHINESE MEDICINE

## Acupuncture

Acupuncture involves the insertion of very thin needles through your skin at strategic points on your body.

It is a technique for balancing the flow of energy or life force — known as chi or qi (chee) — believed to flow through pathways (meridians) in your body.

Acupuncture is often used to treat or assist in treatment of:

Anxiety, depression, mental health, chronic pain, acute injury, post injury recovery, gynaecology issues, menopause related symptoms, sleep disorders, digestive issues, allergies and respiratory conditions etc.

Do not attend treatment with an empty stomach. Solid food is required at least 1-3 hours before treatment.



## Chinese Herbal Medicine

Chinese herbal medicine uses different parts of plants, minerals and animal parts. It often comes in raw, pills/tablet or powder form. The formula is often customised based on client's clinical presentation (raw or powder). Chinese herbal medicine is prescribed based on client's clinical presentation and their Chinese Medicine pattern rather than disease.

Chinese herbal medicine is often combined with acupuncture to reinforce each other's effect and improves overall outcome.

## Tui Na (Chinese Massage)

Tui Na is the oldest known form of massage. Tui Na practitioners use hand and arm techniques to massage muscles and put pressure on acupuncture points (acupressure) aiming to stimulate the flow within the body.



## Cupping

During a cupping session, glass cups are placed on areas of the body with suction to create a negative pressure. It is often used to improve blood flow, reduces pain and maintains a general well-being.

There will be marks (bruises like) on the area where the cups were placed after treatment, the marks will disappear within 2-3 weeks.

Inadvisable for cupping if you have liver, kidney or heart failure, or those with a pacemaker. Hemophilia, anemia, or similar blood disorders, heart disease or are on blood thinners.

# NATUROPATHY

Naturopathy is an evidence-based complementary therapy that supports the health of the whole person – body, mind and spirit.

Naturopathy aims to improve overall health, prevent diseases from occurring and treat illness through healthy diet and lifestyle, plus the use of natural remedies such as herbal and nutritional medicine.



Naturopathy may be able to help with your concerns if you:

- Feel tired all the time
- Don't know what to eat or find it difficult to lose weight
- Have digestive issues (eg. constipation) or urinary issues (eg. frequent urination)
- Have frequent infections, such as respiratory viruses or thrush
- Feel stressed, anxious or depressed
- Have sleeping difficulties
- Have allergies or intolerances
- Have problem periods, fertility issues, or menopausal symptoms such as hot flashes
- Have chronic health conditions, such as arthritis, diabetes, chronic fatigue or pain, headaches, autoimmune conditions or skin conditions.