



# THE FEMALE COLLECTIVE

The Female Collective is a female dedicated physiotherapy practice that specialises in the assessment and management of all types of pelvic health and musculoskeletal conditions. Our Women's Health clinicians are highly experienced and work closely with Gynaecologists, Obstetricians and Urologists along with GPs and practice nurses.

Often the topics of Pelvic Health are taboo and embarrassing which causes a lot of women to accept their problems or feel lost as to where to go for help. At The Female Collective we challenge these perceptions as these conditions impact a large number of the population.

Women's Health conditions have a huge impact on a person's quality of life and most can be managed and treated successfully by our physiotherapists with safe, evidence-based and effective treatments in our clinic.

*Our goal is to empower women to take control of their health through validation and education. We believe in women helping women through all stages and aspects of their life, with a collaborative approach to reach individualised goals.*

## What We Know



1 in 3 women experience urinary incontinence (bladder leakage)

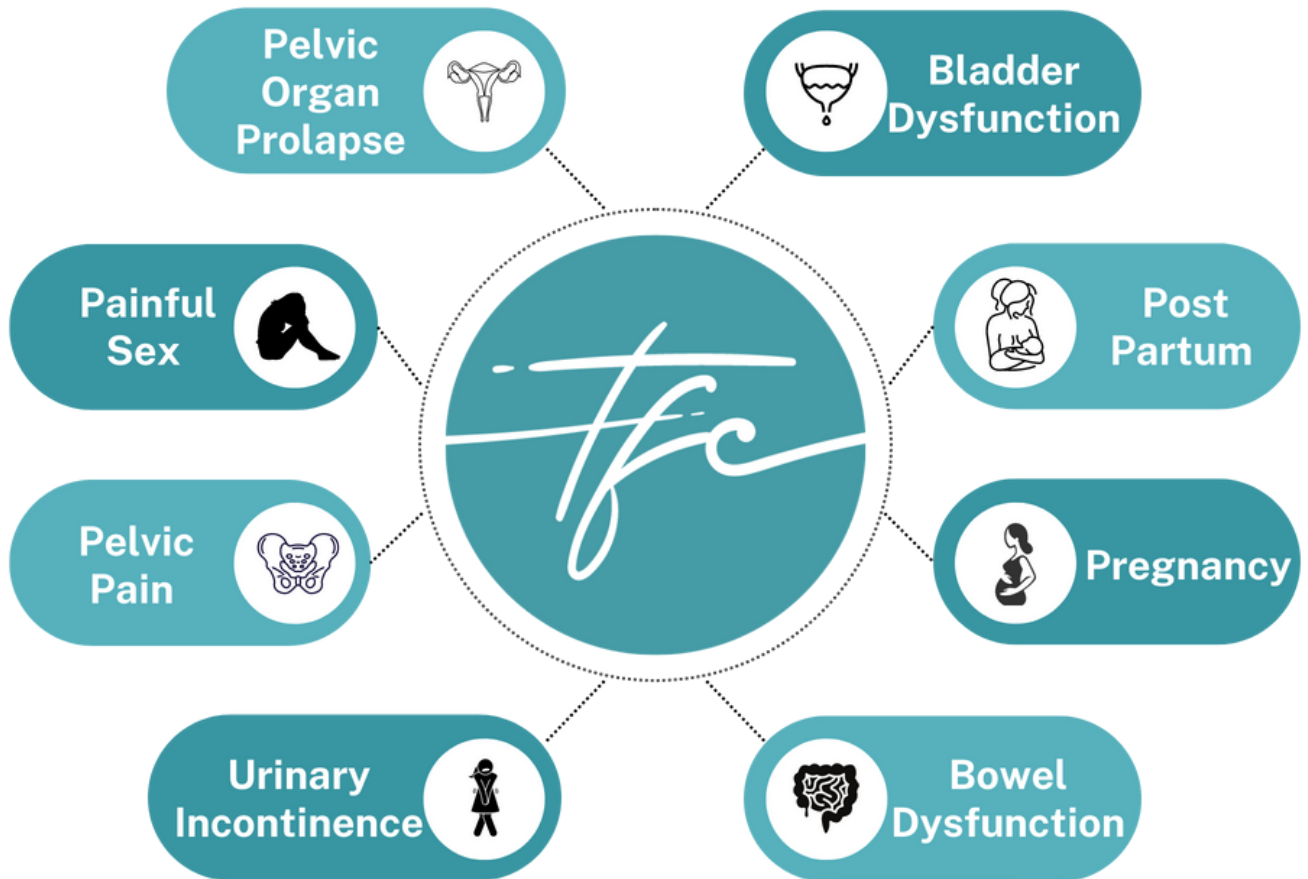


Pelvic Floor Muscle training is the gold standard treatment option for people with urinary incontinence



50% of women who have given birth have some degree of a Pelvic Organ Prolapse

# What We Treat




## Who We Are




Jess Stoll is the Director and Women's Health Physio at The Female Collective. She has worked as a physio since 2013 and is passionate about empowering women.

## We also treat musculoskeletal conditions such as:

- Jaw Pain & Dysfunction
- Neck Pain & Headaches
- Back Pain
- Lower Limb Injuries
- Upper Limb Injuries

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 South Coast  
47 Junction St Nowra

 Murrumbidgee  
134 Kookora St Griffith



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