

ISSUE 5



DECEMBER NEWSLETTER

ORIGIN PHYSIOTHERAPY & WELLNESS



December In Review

WRITTEN BY DAVID SELEMS, DIRECTOR

WOW – 2019 is done! It has been an enormous year and I would like to take this opportunity to thank you for all your support over the past 12 months. To finish off the year we have an amazing star patient story from Laura Bryant who has graciously shared her Endometriosis journey with us, and Natalie talks about the sometimes taboo topic of Sex! We are also welcoming two new team members, Kate Pinnegar (Practice Manager) and Ethan Ashley (Physiotherapist), who are both looking forward to getting to know you all. This will be our last newsletter for two months as we take a break in January to spend time with our respective families and friends. All the best in health!

Thanks,
David Selems
Director

This Issues
Highlight:
**LAURA
BRYANT'S
JOURNEY WITH
ENDOMETRIOSIS**

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STAR PATIENT:

LAURA BRYANT

What is endometriosis and when did you first find out about it?

Endometriosis is a disease where the tissue that grows inside of the uterus before being shed with a period, grows outside of the uterine cavity. It is still not known what causes endometriosis but the symptoms are well documented. I first heard of endo when my older sister was diagnosed in her teens.

How has endometriosis impacted your life?

I was first diagnosed with an emergency laparoscopy as I was admitted to hospital with severe abdominal pain. I have had endometriosis since I was 12. It has caused painful periods, back pain, bloating, painful sex and pelvic pain. Endometriosis flares have meant that I missed a lot of school when I was younger and has caused me to take full advantage of sick leave at work.



What have you found that has been helpful for your condition?

My gastrointestinal tract has issues digesting due to the endometriosis in my abdomen so being careful with my food and reducing alcohol intake has helped immensely. I also find that exercise and stretching help maintain mobility and lower pain levels. This being said, on days when I'm unable to mobilise due to pain, heat packs and medical cannabis oil help a lot.

How has physiotherapy helped?

I've had issues with pelvic floor overactivity and Nat has been able to release the muscles and teach me how to manage it at home. Women's Health Physiotherapy has meant my hips are back in alignment and I'm experiencing a lot less pain.

If you could give other women one piece of wisdom relating to endometriosis, what would it be?

Make sure you find doctors and allied health professionals that treat your pain seriously. A good GP makes disease management a lot easier! Also question everything! You're in control of your health and are entitled to know why doctors recommend different treatment options.



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THE ORIGIN TEAM HAS GROWN!

KATE PINNEGAR

Practice Manager

Kate Pinnegar is our new Practice Manager and comes to us with over 20 years of administrative experience. Kate is currently studying a Diploma in Leadership and Management to further progress her career. Outside of work Kate loves going on family adventures with her two young children and playing pool with her hubby. A very warm welcome Kate, we are confident you will become a valuable addition to the Origin administrative team!



ETHAN ASHLEY

Physiotherapist

Ethan Ashley is our newest Physiotherapist and brings with him a wealth of Private Practice experience. Ethan has a Bachelor of Physiotherapy, an Advanced Diploma of Health Science and a Diploma of Remedial Massage Therapy. The additional studies and experience mean Ethan has high level manual/hands on techniques and achieves amazing outcomes for his patients. In addition, Ethan has a clinical interest in neck pain and headaches and looks forward to sharing his knowledge and skill in this area. Outside of work Ethan loves hiking up and around Tidbinbilla, reading and relaxing with friends. A very warm welcome Ethan, we are confident you will become a valuable addition to the Origin clinical team!

Women's Health Corner

WITH NATALIE D'ROZARIO



Let's Talk About Sex!

Sex, often a taboo topic, is something that women's health physiotherapists talk about on a daily basis. It is important to know that sex should not be painful however, painful sex, also known as dyspareunia (pronounced dys-puh-roo-nee-uh), is a common reason to visit a women's health physiotherapist.

There are many different causes of painful sex and symptoms can range from

pain on penetration to pain lasting hours after intercourse. Some symptoms may include:

- Pain on penetration, including when inserting a tampon
- Deep pain during thrusting
- Burning pain or aching pain
- Throbbing pain, lasting hours after intercourse

Causes of painful sex can be both physical and emotional. During a consultation

with your women's health physiotherapist, they will discuss your current and past sexual history, gynaecological history, bladder and bowels, pharmacological history (medications) and social history in order to uncover the cause of the pain. Some causes may include:

- Reduced lubrication – this can sometimes be due to not enough foreplay or not 'being in the mood' but can also be due to reduced oestrogen levels after childbirth, during breastfeeding or after menopause. Some medications can also reduce lubrication and make sex painful.
- Scar pain – following a tear or episiotomy (a cut made during childbirth to enlarge the birth canal) or when scarring from pelvic surgery is present.
- Vaginismus – involuntary spasms of the muscles of the vaginal wall.
- Bladder pain and urinary tract infections (UTIs) – usually a feeling of persistent pain or pressure in the bladder, or burning pain.

- Prolapse – when the pelvic organs descend into the vagina, causing a physical block, usually feeling like a thudding pain.
- Endometriosis and adenomyosis – usually associated with an overactive pelvic floor and involving deeper penetrative pain.



Some things that may help manage pain during sex include:

- Make sure that you are in the mood and include foreplay before penetrative intercourse to help increase natural lubrication and relax the pelvic floor muscles that might be contracting protectively
- Use lots of lubricant
- Try some pelvic floor muscle relaxation tracks such as Dr Patricia Neumann's guided 'pelvic floor muscle relaxation for men/women with chronic pelvic pain' (<https://patricianeumann.com.au>).
- Use a heat pack or hot bath when the pain is severe
- Treat other causes of pain so that the pelvic floor muscles have less reason to be holding on tightly
- Use a vaginal dilator if indicated. This is best guided by a women's health physiotherapist.
- Try some pelvic and hip stretches.

If you can relate to any of these symptoms, speak to a women's health physiotherapist. There is always something that can be done to help. We're not shy about it, and neither should you be!

Class Updates

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BUB & ME CLASSES

SUMMER PROGRAM STARTING
JANUARY 6TH.

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