



The Pelvic, Women's and Men's Health special interest group (PWMH SIG) is a passionate group of physiotherapists, committed to providing specialised care to their clients in a diverse range of healthcare settings.

SIG membership is increasing annually, indicating the international growth in this area of physiotherapy practice.

The committee comprises members from across New Zealand with a wide range of clinical skills and practice environments from hospital, to private practice, community and birthing / postnatal facilities.

### **Objectives**

Develop and maintain an advanced level of knowledge and clinical skills in the assessment and treatment of women's and men's health clients within the scope of physiotherapy practice.

Provide professional development, support, and networking opportunities for physiotherapists with a special interest in this area.

Act as a resource base, providing a forum for information sharing and exchange of ideas within the group and also to the wider profession and multidisciplinary health teams.

Facilitate greater learning opportunities in this specialist area through course programming, calendar of events, newsletters, funding assistance, and links to other websites and organisations online.

### **Benefits for Members**

- Access to peer support, guidance and information on specific clinical issues.
- Online access to members only page, which includes course details, registration forms, newsletters, article references and downloadable forms etc
- Members only subsidised fees for some courses.
- Representation through your committee at national and international level

### **Membership**

- Membership is \$35.00 annually. [Click here to purchase a membership.](#)

## **Scopes of Practice**

### **Pelvic Conditions**

- Bladder and bowel incontinence
- Pelvic organ prolapse
- Pelvic pain
- Sexual dysfunctions
- Elimination disorders
- Changes associated with menopause

### **Pre- and Post-Partum Care**

- Pelvic girdle pain / musculoskeletal dysfunction
- Prevention and management of pelvic floor dysfunction
- Post Caesarean Section rehabilitation
- Advice and help during labour / delivery (relaxation, breathing, positioning, massage)
- Scar management
- Breast management / mastitis
- Management of rectus diastasis

### **Pre and Post Pelvic Surgery**

- Rehabilitation and advice for safe return to activity and exercise
- Pelvic floor rehabilitation and prevention of future problems

### **Bone Health**

- Prevention and treatment of osteopenia and osteoporosis related health risks

### **Post Breast Surgery**

- Lymphoedema management
- Musculoskeletal dysfunction

### **Children**

- Assessment and management of continence and elimination problems encountered in the paediatric population is also available by some SIG members.