



**Melissa Davidson**

PhD, MPhil, Dip.**Physiotherapy**, B.Science, Dip.Manipulation, Post Graduate Certificates  
in **Physiotherapy** (Pelvic Floor and Acupuncture)  
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## **Bio**

Dr Melissa Davidson is the only registered Specialist Physiotherapist in Pelvic Health with the Physiotherapy Board of New Zealand and is the current President of the International Organisation of Physiotherapists in Pelvic and Women's Health. She is also on the Expert Advisory Group for Maternal Birth Injuries working with ACC. Over the last 33 years, Melissa has combined post graduate studies (PhD, MPhil, Post Graduate Certificates in Pelvic Health, Manipulation, and Acupuncture) with a clinical caseload. She is passionate about advancing patient care and provides governance and pelvic health training courses to health professionals nationally and internationally.

## **Abstract**

### **Why the f\_\_k should I care about pelvic health?**

No one talks about pelvic health – they feel it's not relevant to them, it shouldn't be talked about in public, and its only women who have had babies and now hitting menopause that have issues. Physiotherapists think "none of my patients want me to talk about it, it's not going to affect my treatment of them, so I don't need to worry about it". **YOU COULDN'T BE MORE WRONG.**

Pelvic health effects your manly rugby players (hello groin injuries), your middle aged blokes who can't get it up as often as they would like to (hello initial sign of cardiovascular issues), your young, fit, high impact sports player (hello bladder and bowel leakage), your diabetic or mental health folks who you want to get moving (hello not doing exercise because things are falling out the bottom holes), and those people of all ages who would like to have some rompy pompy fun the bedroom but can't (hello pain).

Instead of ignoring this part of being a human, how about you take your head out of the sand, take a concrete pill, and step up to the next level of care. It won't be boring, you might learn something, and you might even have some fun. It's time for change – let's remove the taboo together and navigate physiotherapy into the 21st century.