



*Steps Towards
Women's Health*



Women's Physiotherapy Clinic

Sancheti Physiotherapy Centre

16, Shivajinagar, Pune - 411005. Phone : 020-28999234/25536666

Website : www.sanchetihospital.org

Women's Physiotherapy Clinic

Prevention & management for women's health related conditions :

- Fitness during pre-pregnancy, pregnancy & post pregnancy period/child bearing age
- Pelvic floor dysfunction : incontinence, Utero-vaginal prolapse.
- Pre-post breast surgery lymphodema management
- Complications of menopausal age

Special population : adolescent & young girls, menopausal age, women in sports, women in industry, dancers, performers, singers or anyone feeling need for evaluation.

Consulting physiotherapists :

Dr. Nilima Bedekar PhD PT
Musculoskeletal, Women's health & Yoga specialist

Dr. Zainab Shamsudin MPhT
Community, Women's health & Nutritional advisor

Clinic timings : Wed. & Fri. - 10 am to 12 noon

Consultation by appointment only.

E-mail : WHphysio@sanchetihospital.org