physio noosa
Physiotherapy Pilates Exercise Rehabilitation

Tylana Woodward
Physiotherapy &
Pelvic Floor Physiotherapy

Mark Davis
Physiotherapy & Educator

Mitchell Shorten
Physiotherapy and Fitness

Courtney Geraghty
Remedial Massage Therapist &
strength & conditioning

BLADDER CHART

TIME VOIDED	AMOUNT VOIDED (mL)	BLADDER LEAKAGE + AMOUNT	FLUID INTAKE (mL) + LIST TYPE	URGE

NOTES

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back pain - neck pain - headaches - shoulder problems - sports injuries
exercise therapy - women's/men's health and pelvic floor