

## Heidi Kim

BHSc, MPT

# Musculoskeletal and Women's Health Physiotherapist



### About Heidi

Heidi is a passionate Musculoskeletal physiotherapist with special interests in Women's and Pelvic Health. She graduated from the University of Sydney with a Bachelor of Health Sciences and a Masters of Physiotherapy. She has experience working in complex pelvic pain, pre and postnatal, OASI (obstetric anal sphincter injuries) and urogynaecology clinics.

Heidi provides a compassionate and empowering approach in navigating her clients through their life stages and injury. Her focus is on helping her clients understand and learn more about the power of their body and provides a tailored plan in getting them back to the things they love.

### Areas of Expertise

- Urinary & Faecal Incontinence
- Bladder Urgency
- Overactive Bladder
- Musculoskeletal injuries (Knee, Shoulder, Hip & Back Pains)
- Osteoarthritis
- Dance Flexibility, Turnout, Pre Pointe Assessments
- Dance Injuries
- Pregnancy & Post Natal Care
- Birth Preparations
- Endometriosis
- Dyspareunia
- Prolapse

### Practice & Operating Locations

Heidi is now accepting new patients. Her consulting rooms are located within the Specialist Network Suites in Benowa.

### Specialist Network

Suite 1/192 Ashmore Road, 4217 Benowa  
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