

Caitlin Daley

Pelvic Floor Physiotherapist



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About me

I graduated from The University of Newcastle in 2015 with a Bachelor of Physiotherapy (honours), and I also hold a Post Graduate Certificate in Pelvic Floor Physiotherapy from Melbourne University.

As a Pelvic Floor Physiotherapist I believe in evidence-based pelvic floor muscle rehabilitation, and exercise.

My passion is in helping women regain their confidence, so they can live healthy and happy lives.

I am currently specialising in womens' pelvic health and consulting from Dr. Sneha Joshi's rooms in The Junction, NSW.

We offer reduced rates for EPC referrals, Pensioners and Students.

Pelvic floor muscle training should be offered, as first line therapy, to all women with stress, urge or mixed urinary incontinence

International Consultation on Incontinence (ICI)
2009, 2013, 2017

Conditions I treat

BLADDER

- stress urinary incontinence
- overactive bladder
- mixed incontinence (urge and stress)
- nocturia
- female voiding dysfunction
- functional incontinence

PROLAPSE

- grade 1- 2 (POP-Q)
- pre and post-surgical management

PELVIC PAIN

- pelvic floor muscle pain (vaginismus)
- dyspareunia
- vulvodynia/ vestibulodynia
- persistent pelvic pain

BOWEL

- faecal incontinence
- constipation

MUSCULOSKELETAL

- Pregnancy related pain
- Post-natal assessments
- Pelvic pain
- Low back pain
- Hip and knee pain

EXERCISE PROGRAMS

- Yoga
- Strength and conditioning programming
- Cardiorespiratory fitness
- Flexibility
- Joint mobility