

# Inquiry into Endometriosis and other pelvic pain

## Answer to question taken on notice

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Asked by: Ms Caitlin Tough MLA

Addressed to: Minister for Health

Reference: HCSD

Hearing: 14 May 2026

In relation to: Allied Health Providers and Out of pocket expenses

Transcript provided: 27 May 2026

Answer Due: 4 June 2026

**MS TOUGH:** On the out-of-pocket costs again, one of them is allied health. A lot of services through Canberra Health Services offer allied health services. What is the pathway to some of those health services? And what allied health services can someone access in the public system if they were referred?

**Ms Wakefield:** I know that for our gynae outpatient department and the Canberra Endometriosis Centre, some of the pathways come out of our clinics, specifically. As far as other referrals to those services go, we would have to check on that.

**Dr Glading:** I have the list of the 20 different allied health practices or practitioners and what they provide, as well as their subspecialty. I am happy to provide that.

**MS TOUGH:** That would be perfect.

**Dr Glading:** You could see the breadth and the depth of things that are being offered. There is limited information around the exact amount of out-of-pocket costs that would potentially be the burden, because we did not go down to how much it actually costs out of pocket. We were mainly wanting to figure out who is offering what and where, but we have an indication that some said, “We would do this bulk-billed—nil out-of-pocket cost.”

**Ms Rachel Stephen-Smith MLA:** The answer to the Member’s question is as follows:

There are a wide range of allied health professionals involved in managing pelvic pain and endometriosis. This may include sonographers, physiotherapists (pelvic health), osteopaths (pelvic health), psychologists, dietitians, social workers or support groups, occupational therapists, exercise physiologists, and pharmacists.

The ACT Government and Canberra Health Services website has consumer level access to the Period ImPact and Pain Assessment (PIPPA) tool. This tool is the result of world leading research that began in Canberra. Nurse researcher, Melissa Parker, developed the tool as part of the menstrual disorder of teenagers (MDOT) study: determining typical menstrual patterns and menstrual disturbance in a large population-based study of Australian teenagers to help identify the impact a period pain has on an individual’s life.

Under the “Resources” tab on the website there is a list of consumer-focused downloads and websites, in addition to assistance options for young people with pelvic pain. The PIPPA tool will also generate a print version of a note for the individual to take to their medical appointment to help assist in starting the conversation.

In the ACT there are over 30 services offering allied health services to support pelvic pain or pelvic floor management. Four of these services are available through the public health system this includes Canberra Health Services (CHS) Canberra Endometriosis Centre, CHS Pelvic Health Physiotherapy, Women’s Health Physiotherapy at Canberra Hospital and Women’s Health Physiotherapy at North Canberra Hospital.

CHS has an established process for managing referrals for consumers seeking support with pelvic pain or pelvic floor management, designed to support timely clinical review and access to appropriate care. The process includes the following steps:

- Referrals are reviewed and clinically triaged by a specialist gynaecologist, with patients prioritised according to clinical need.
- During triage, patients identified as suitable for the Endometriosis and Pelvic Pain (EPP) pathway are referred for further review by the EPP physiotherapist to determine the most appropriate model of care, including a group appointment or an individual appointment with a physiotherapist, registered nurse, or doctor.
- Referrals are then processed for booking and allocation.
- Patients are subsequently contacted to arrange participation in the most appropriate care pathway. Where a patient is allocated to a group session and is unable or unwilling to participate, a one-on-one appointment is offered as an alternative.

Patients living with chronic pelvic pain or endometriosis may be eligible for a GP Chronic Condition Management Plan, under this scheme eligible patients may be able to access up to five services per calendar year with eligible allied health professionals. This scheme supports partially funded access to allied health services through the Medicare benefits scheme with an out-of-pocket gap fee.

A list of ACT allied health services to support pelvic pain and pelvic floor management is outlined in Table A. This is not an exhaustive list of services and is not an endorsement of care or therapies they provide. It was developed as part of a project to identify ACT allied health providers with an interest or training in pelvic pain which is a priority project of the ACT Clinical System Governance Committee.

**Table A – ACT Pelvic Pain and Pelvic Floor Physiotherapy Services**

<b>Provider</b>	<b>Services</b>	<b>Website</b>
Canberra Health Services – Canberra Endometriosis Centre	Cares for period pain, pelvic pain and endometriosis; lists doctors, nurses, physios, psychologists and dietitians.	<a href="https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/canberra-endometriosis-centre">https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/canberra-endometriosis-centre</a>
Canberra Health Services – Pelvic Health Physiotherapy	Public pelvic health physiotherapy for ACT residents, including persistent pelvic pain and one-on-one physiotherapy appointments.	<a href="https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/pelvic-health-physiotherapy">https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/pelvic-health-physiotherapy</a>

**Table A – ACT Pelvic Pain and Pelvic Floor Physiotherapy Services**

Women's Health Physiotherapy at Canberra Hospital	Physiotherapy care including pelvic floor assessment, incontinence, prolapse and gynaecology-client support.	<a href="https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/womens-health-physiotherapy">https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/womens-health-physiotherapy</a>
Women's Health Physiotherapy at North Canberra Hospital	Includes women's health physiotherapy and gynaecology referrals for incontinence, chronic pelvic pain/endometriosis or prolapse.	<a href="https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/womens-health-physiotherapy2">https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/womens-health-physiotherapy2</a>
SHFPACT – Pelvic Pain and Endometriosis Clinic	Multidisciplinary clinic for painful periods, endometriosis, pain with sex, vulvovaginal pain and persistent pelvic pain; not listed as a physio clinic.	<a href="https://shfpact.org.au/index.php/clinic/pelvic-pain-clinic">https://shfpact.org.au/index.php/clinic/pelvic-pain-clinic</a>
Her Physio	Canberra pelvic health physiotherapy for women; lists pelvic floor dysfunction and pelvic pain including endometriosis.	<a href="https://www.herphysio.com.au/">https://www.herphysio.com.au/</a>
<a href="#">Olika Women's Health Clinic</a>	Their allied health services include psychology, exercise physiology and dietetics. Services include pelvic pain and period management, endometriosis, PCOS, <a href="#">Emsella Therapy</a> and more.	<a href="https://olika.com.au/womens-health-clinic/">https://olika.com.au/womens-health-clinic/</a>
<a href="#">Canberra Allied Health</a>	Offer exercise physiology, dietetics, psychology, hydrotherapy, and strength and balance classes.	<a href="https://www.canberraalliedhealth.com/the-endometriosis-journey-the-vital-role-of-exercise-physiology/">https://www.canberraalliedhealth.com/the-endometriosis-journey-the-vital-role-of-exercise-physiology/</a>
Liz Kilby Physiotherapy	Mobile pelvic health physiotherapist in Canberra; lists pelvic pain, pain with sex and endometriosis.	<a href="https://www.lizkilbyphysio.com/">https://www.lizkilbyphysio.com/</a>
Fundamental Health Canberra	Pelvic health physiotherapy; lists pelvic pain, painful intercourse, prolapse, endometriosis/adenomyosis and pudendal neuralgia.	<a href="https://www.fundamentalhealth.com.au/pelvicphysio">https://www.fundamentalhealth.com.au/pelvicphysio</a>
Grow Health / gro.w Women's Health	Pelvic floor and women's health physiotherapy; lists pelvic pain, vaginismus and endometriosis.	<a href="https://growhealth.com.au/services/pelvic-floor-womens-health-physiotherapy/">https://growhealth.com.au/services/pelvic-floor-womens-health-physiotherapy/</a>
Hawker Place Physiotherapy & Pilates	Pelvic health physiotherapy for women and men; lists pelvic pain and/or sexual dysfunction among women's pelvic-health conditions.	<a href="https://hawkerplacephysio.com.au/service/pelvic-health-physiotherapy/">https://hawkerplacephysio.com.au/service/pelvic-health-physiotherapy/</a>

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Dr Irmina Nahon / Nahon Pelvic Floor Education	Specialist continence and pelvic floor physiotherapy within Canberra via Hawker Place and remotely; mentions pelvic pain.	<a href="https://www.nahonpfed.com.au/">https://www.nahonpfed.com.au/</a>
NOKA	Specialised pelvic health and musculoskeletal physiotherapy clinic in Deakin; lists pelvic pain management for endometriosis, adenomyosis and PCOS.	<a href="https://noka.com.au/services/">https://noka.com.au/services/</a>
REBOOT Physiotherapy	Women's health physiotherapy in Weston; specifically says it focuses mainly on endometriosis and menopause-related issues.	<a href="https://www.rebootphysiotherapy.com.au/women-s-health">https://www.rebootphysiotherapy.com.au/women-s-health</a>
KT Physiotherapy	Weston-based women's health physiotherapy; lists pelvic pain, pelvic floor dysfunction, dyspareunia and endometriosis.	<a href="https://www.ktphysio.com.au/">https://www.ktphysio.com.au/</a>
Kylie Faulks Women's Health Physiotherapy	Canberra women's health clinic; lists pelvic floor assessments and treatment of pelvic pain and endometriosis.	<a href="https://www.kyliefaulks.com/">https://www.kyliefaulks.com/</a>
Southside Physio	Women's health physio in Canberra; lists pelvic health conditions including bladder/bowel dysfunction, pelvic pain and pelvic floor function.	<a href="https://southsidephysio.com.au/womens-health-physio-canberra/">https://southsidephysio.com.au/womens-health-physio-canberra/</a>
Back In Strength	Women's health physiotherapy in Deakin; lists pelvic floor, bladder/bowel health, pelvic pain and sexual health concerns.	<a href="https://www.backinstrength.com.au/services/womens-health/">https://www.backinstrength.com.au/services/womens-health/</a>
SportsCare Canberra	Women's health physiotherapy; pelvic floor assessment may include internal examination, pelvic-floor muscle assessment and prolapse assessment.	<a href="https://sportscarecanberra.com.au/service/womens-health/">https://sportscarecanberra.com.au/service/womens-health/</a>
Sport & Spinal Physiotherapy	Women's health/pelvic floor physio; lists pelvic pain, vaginal pain, prolapse, bowel dysfunction, incontinence and pelvic floor weakness.	<a href="https://sportandspinalphysio.com.au/our-services/womens-health/">https://sportandspinalphysio.com.au/our-services/womens-health/</a>
Sound CBR	Pelvic floor physiotherapy; lists pelvic pain including pain associated with endometriosis and PCOS.	<a href="https://soundcbr.com.au/what-is-pelvic-floor-physiotherapy/">https://soundcbr.com.au/what-is-pelvic-floor-physiotherapy/</a>
EmPower Better Health	Women's health physiotherapy and exercise physiology in ACT; lists pelvic floor dysfunction among conditions treated.	<a href="https://www.empowerbetterhealth.com.au/services/womens-health/">https://www.empowerbetterhealth.com.au/services/womens-health/</a>

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TM Physio Canberra	Women’s health physiotherapy; lists pelvic conditions such as incontinence, urgency/frequency, prolapse and constipation.	<a href="https://www.tmphysio.com.au/womens-health/">https://www.tmphysio.com.au/womens-health/</a>
Canberra Children’s Physiotherapy	Paediatric/teen pelvic health physiotherapy; mentions endometriosis, adenomyosis, PCOS, pelvic pain and menstrual concerns.	<a href="https://www.canberrachildrensphsio.com.au/pelvic-health">https://www.canberrachildrensphsio.com.au/pelvic-health</a>
Bub & Me	Women’s health physiotherapy in Canberra; lists pelvic floor rehabilitation, pelvic pain and pelvic floor physiotherapy.	<a href="https://www.bubandme.com.au/about">https://www.bubandme.com.au/about</a>
Fortis Physiotherapy	Women’s health physiotherapy in Acton; lists pelvic floor health and women’s health services from early 2026.	<a href="https://www.fortisphysio.com.au/womens-health-services">https://www.fortisphysio.com.au/womens-health-services</a>
Positive Motion Rehabilitation	Kingston ACT women’s and pelvic health physiotherapy; lists pelvic pain, sexual dysfunction and men’s pelvic health support.	<a href="https://www.positivemotionrehab.com.au/womens-health-physiotherapy">https://www.positivemotionrehab.com.au/womens-health-physiotherapy</a>
Flexout Health Canberra	Women’s health physiotherapy; mentions chronic pelvic pain, endometriosis, pelvic floor muscle pain and post-laparoscopy/endometriosis surgery rehab.	<a href="https://flexout.health/content_section/womens-health-canberra/">https://flexout.health/content_section/womens-health-canberra/</a>
Her Matters	Griffith ACT women’s health clinic with women’s health physiotherapy; lists pelvic pain, painful sex, endo/adenomyosis/PCOS flare-ups and bladder/bowel concerns.	<a href="https://www.hermatters.com.au/">https://www.hermatters.com.au/</a>
Maureen Bailey Physiotherapist / Canberra Urology and Gynaecology Centre	Continence and women’s health physiotherapy in Deakin; lists pelvic organ prolapse, bladder/bowel urgency, gynaecological surgical rehab and pelvic pain.	<a href="https://www.omargailani.com.au/physiotherapist.html">https://www.omargailani.com.au/physiotherapist.html</a>

Approved for circulation to the Standing Committee on Social Policy

Signature:



Minister for Health, Ms Rachel Stephen-Smith MLA

Date:

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