

# Thornleigh Physio

the symptoms of ic include pain-inducing bladder spasms, lower bladder capacity, frequency (needing urinate often) and in some unfortunately cases, incontinence (inability to hold it)

thornleigh physiotherapist

thornleigh physio pilates

just seemed like more of a fun, gimmicky kind of thing<sup>8230</sup>; like battle hammers.

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