



# Vhi

## Helen Keeble

*Women's Health and Pelvic Health*



Helen Keeble is a chartered pelvic health physiotherapist who helps women experiencing pelvic health issues—such as leaking, prolapse, pain, tension, and diastasis—return to moving freely and confidently.

When she's not working directly with clients, Helen is dedicated to collaborating with and teaching healthcare and fitness professionals, empowering them to better support their female clients and patients.

She is deeply passionate about improving awareness, understanding, and care around pelvic floor health, knowing how profoundly these issues can affect quality of life and limit participation in sport and exercise.

Helen offers a range of one-hour workshops covering the full spectrum of pelvic and female health, including:

- Future-Proofing Your Pelvic Floor: It's Easier Than You Think
- High-Impact Exercise & the Pelvic Floor: Everything You Need to Know
- Weightlifting & the Pelvic Floor: Everything You Need to Know
- Empowering Menstrual Health
- Pregnancy
- Giving Birth
- Postnatal Recovery
- Menopause
- Pelvic Pain & Tension
- Incontinence
- Prolapse