

Her Health...



CONTACT US

Her Wellness Women's Physiotherapy Clinic

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OUR SERVICES

We are excited to offer a range of services designed to support women at every stage of life. Whether you are preparing for motherhood, navigating the postpartum period, approaching menopause, or dealing with a specific discomfort, our doors are open to you.

Our core services include:

- Pelvic Floor Rehabilitation: Addressing issues such as incontinence, pelvic organ prolapse, and pelvic pain with gentle, effective techniques.
- Low Back Pain Management: Providing relief and strengthening strategies for one of the most common ailments affecting women, particularly during and after pregnancy.
- Exercise Therapy for Stiff Joints and Weak Muscles: Restoring mobility and building strength to help you move through life with ease and confidence.
- Diastasis Recti Rehabilitation: Helping new mothers heal and strengthen their core after the physical demands of pregnancy and childbirth.



Her Wellness
WOMEN'S PHYSIOTHERAPY
HEALING • EMPOWERING • RESTORING

www.herwellness.co.zm

About Us

Her Wellness Women's Physiotherapy Clinic emerges as a groundbreaking haven in Zambia, marking the dawn of specialized women's health physiotherapy in a nation where such dedicated expertise has been long awaited. Nestled in the heart of Lusaka, this clinic blends profound knowledge with heartfelt compassion, creating a space where women can address their unique physical challenges with confidence and grace. Picture a place where your story matters, your comfort is paramount, and your path to vitality is guided by someone who truly understands. We encourage you to connect with us, discover the transformative power of tailored care, and take that empowering step toward feeling your best.



Nurturing Your Pelvic Health

We offer bundled packages that combine sessions for specific needs, providing structured support and valuable savings. Prepayment is required, and each package is valid for six weeks.

Pregnancy Wellness

Antenatal Comfort Package* | K2,200 (Save K200)

Includes two antenatal massages and one combined physio session. Soothes aches, promotes relaxation, and prepares your body for labor.

Pregnancy Pelvic Prep Package* | K2,000 (Save K200)

Targeted exercises and guidance to strengthen the pelvic floor, reduce complications, and build confidence for delivery.

Postnatal Recovery

Postnatal Restore | K2,200 (Save K250)

Features two postnatal rehab sessions plus one pelvic rehab. Rebuilds core strength, tackles fatigue, and supports your healing journey.

Core & Pelvic Reset + 1 Postnatal Rehab | K3,000 (Save K300)

A comprehensive plan combining core strengthening, pelvic realignment, and an extra session. Ideal for diastasis recti or deeper recovery.

Pelvic Pain & Intimacy

Pelvic Pain Recovery Plan* | K2,300 (Save K250)

Three pelvic rehab sessions plus one combined therapy. Targets the root of discomfort through gentle rehabilitation and education.

Advanced Pelvic Rehab Plan* | K3,300 (Save K300)

An in-depth approach for complex cases, designed to resolve persistent pain and enhance daily comfort and function.

Tele-Consultations: Expert Care Wherever You Are

We offer secure video consultations for times when visiting in person feels difficult or if you live outside Lusaka. It is a simple way to access expert guidance from the comfort of your home.

To book, just call or WhatsApp us at 0976911138. The fee is 500.00 ZMW, payable in advance via Airtel Money to 0976911138 or FNB account 63187114847 under Her Wellness Women's Phys Clinic. Once we confirm your payment via your P.O.P, we will send you a link and a short intake form if you are new.

During your 30 to 45 minute session, We'll begin with a warm welcome and check that you are happy to proceed. Then we move into a gentle assessment, talking through your symptoms and observing any movements you can safely show from home. From there, we explain what might be going on in clear, simple terms and guide you through some exercises step by step. We finish by putting together a personal plan with practical recommendations you can start using right away.

Please note that virtual sessions do not include hands on or internal assessments. If you feel you need hands on care, we may recommend an in person visit. For emergencies, always seek immediate help from a local medical provider.

