



# PELVIC FLOOR THERAPY

- Are you constantly wondering where the nearest bathroom is?
- Is abdominal pain preventing you from enjoying life?
- Are pelvic and urinary symptoms dominating your life?

Pelvic floor dysfunctions can be embarrassing and painful. This can make it difficult to enjoy your day to day life. Our program individualized plans are designed to meet each patient's needs including:

- Personalized stretching and strengthening exercises
- Nutrition/diet and how they are affecting your symptoms
- Understand all aspects of your condition



URINARY  
INCONTINENCE



PELVIC PAIN



CHRONIC  
CONSTIPATION



PROLAPSE



SEXUAL  
DYSFUNCTION



**TAKE CONTROL!**

**CALL TODAY**

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