

YOU MAY BENEFIT FROM PELVIC FLOOR PHYSICAL THERAPY IF YOU EXPERIENCE:



back or pelvic pain during physical activity and/or rest



accidental loss of urine or stool



pelvic heaviness, pressure, or discomfort



C-section scar discomfort or sensitivity



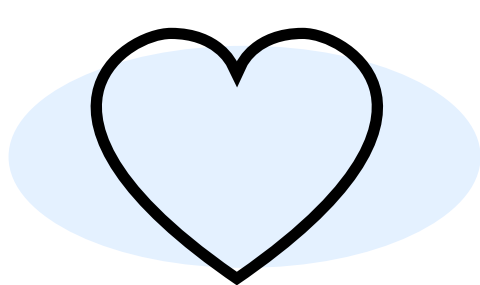
multiple pregnancies (previous or future)



difficulty emptying urine or stool



diagnosis of diastasis rectus abdominis



pain during sex

How to find a pelvic health specialist:

<https://aptapelvichealth.org/>

→ “Find a PT” at the top

<https://pelvicguru.com/>

→ “Find a Pelvic Health Professional”

*Or ask your doctor for help finding a pelvic floor physical therapist near you