



**Pelvic Rehabilitation & Sex Counseling**

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**The Strong Start Program** equips you with tools to prepare your mind, core & pelvic floor for a better birthing experience. Over four visits, your Pelvic Floor (PF) Therapist assists you in developing a plan that is just right for your pregnancy and birth goals.

*Visit 1: Early-mid Second Trimester. Evaluation and Setting Core & Pelvic Floor Goals. Guidance on safe Pregnancy Exercise.*

This is an opportunity for you to communicate any concerns regarding your PF health with regard to birthing (tearing is high on most women's lists!) and postpartum. If you've birthed via cesarean in the past, scar massage & soft-tissue mobilization techniques will be taught to make your growing belly feel more comfortable.

*Visit 2: ~30 weeks. Exercise training and lifestyle modification for pregnancy discomforts. Exercises for pelvic floor flexibility & strength.*

Most women develop some minor physical complaints – low back pain, pelvic pain, sciatic pain, incontinence etc – by this stage of pregnancy. Your PF Therapist will educate you in lifestyle modifications, postural retraining, and exercises to manage these. You will also learn specific exercises to increase flexibility of your pelvic floor for easing vaginal birth.

*Visit 3: ~36 weeks. Training in Coordinating Breathing, Core & Pelvic Floor in various Birthing Positions.*

This session focuses on tying in pelvic floor & core coordination into your birth plan. Using these muscle groups optimally may help you labor with less fatigue and may make the second stage of birthing more efficient.

*Visit 4: ~6-8 weeks PP. Postpartum check-in.*

Evaluation and treatment of common (not, normal) postnatal complaints - low back/pelvic pain, incontinence, diastasis recti, painful intercourse are frequent complaints in the early postpartum period.

Your therapist will also answer any Pelvic Health concerns you have via text or email between scheduled visits, during the course of the program.

**Email or call us today to get started.**