Do you have accidental leakage of urine or have pain during sex?

Do you wet your pants when you laugh, cough, or sneeze?

Do you have pelvic floor muscle weakness? Not sure, have you been diagnosed with any of the following?

- Urinary Incontinence (leakage)
- Fecal Incontinence
- Organ prolapse

Do you have pelvic pain or been diagnosed with any of the following?

- Vaginismus
- Vulvodynia / Vulvar vestibulitis
- Coccydynia
- Pudendal nerve entrapment
- Scar adhesion status post episiotomy
- Interstitial cystitis

If yes, there is help for you. Talk to our Nurse Practitioner or Physical Therapist about what we can do.

Physical Therapy can help with a non-surgical option!