

# Pelvic PT and OT

Pelvic floor PT and OT are therapists that have advanced pelvic health training to help your intimate parts do the right thing at the right time!

## How can pelvic floor PT and OT help me?

Get help with everything below and more. There IS hope and help!

### Bladder



Leaking



Night-time peeing

Urgency



Frequency UTI's & Pain

### Bowel



Relaxed with insertion



Pain free



Active with good tension



Healthy orgasms & pleasure

### Prolapse



Flexible during birth for baby exit



Reduced tearing



Active before & after birth



Dry & supported

### Pelvic Pain



Relaxed with downtime



Pain-free



Active with exercise & movement



Dry & supported

### Sex and Orgasms



Relax at the right time



Healthy tone



Contract at the right time



Dry & supported

Free handouts & videos



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Find a Pelvic PT or OT

