

Pelvic Floor Muscles

Healthy pelvic floor muscles help us do WHAT we love with WHO we love without pain, pressure, or leaks!

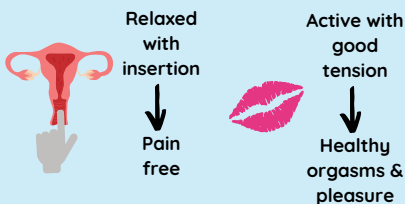
What does the pelvic floor do?

Get help with everything below & more! A pelvic floor PT helps you live your best life!

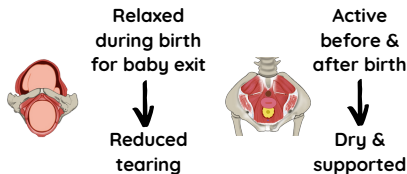
Bathroom



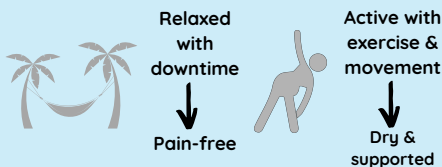
Bedroom



Birthing Room



Beyond!



Pelvic PT



Free handouts & videos



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Austin & Leander

