

Pelvic floor health



Resources for incontinence, diastasis recti, and pelvic pain

Websites:

- Pelvic Floor First: <http://www.pelvicfloorfirst.org.au/>
 - Highly recommended + free exercise program app
- National Vulvodynia Association: <http://www.nva.org/>
- Vaginismus: <http://www.vaginismus.com/>
- Postpartum Sex: <https://www.postpartumsex.com/>
- Bellies Inc: <https://www.belliesinc.com/>

Books:

- **“I laughed so hard I peed my pants, a woman’s essential guide for improved bladder control.”** by Dr. Kelli Berzuk, pelvic floor physiotherapist. 2002.
- **“Heal pelvic pain.”** by A. Stein. 2009
- **“Relieving pelvic pain during and after pregnancy.”** by C Rost. 1998 (Rost is the founder of Rost Therapy, which is a program of exercises designed to relieve pelvic pain. You can find many of these exercises on YouTube, as well as in her book.)
- **“Core Confidence in Pregnancy”** ebook by Bellies Inc. <https://www.belliesinc.com>
If you sign up for the newsletter you get the ebook for free

Pelvic Floor Physiotherapists:

- **Huronion Physio (Midland)**
 - Meghan Lillie (705) 526-0174
- **Body n balance (Catharine Sorensen and Courtney Mackenzie Prophet)**
 - 950 Mosley Street Wasaga Beach, ON L9Z 2G9
 - Phone: (705) 429-9619 Fax: (705) 429-9601
- **Lake Country Physiotherapy**
 - 8 Westmount Drive South, Orillia
 - Ph: 705-327-7876 / Fax: 705-327-9064 lakecountryphysiotherapy@hotmail.ca
 - Monday to Thursday 7:30am to 7:30pm Friday 7:30am to 4:30pm
- **Mariposa Physiotherapy**
 - 8 Westmount Drive South, Orillia
 - Ph: 705-327-0008 / Fax: 705-327-0018 / info@mariposaphysio.ca
- **Get Moving Physio (also pelvic floor physio)**
 - 136 Bradford St Barrie ON L4N 3B3
 - (P) 705-252-8558 / Getmovingphysio@gmail.com