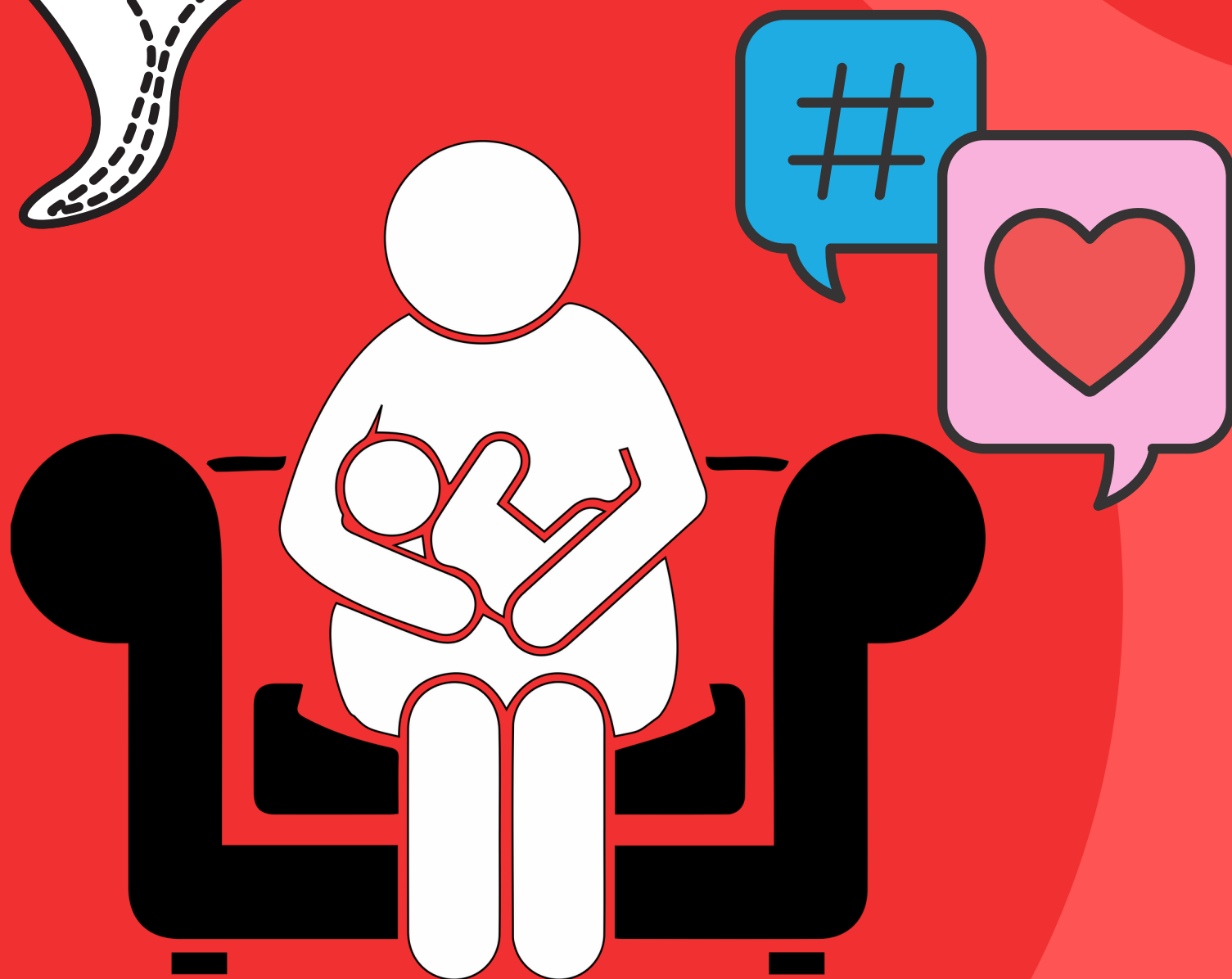


Post-birth PFM need TLC



During pregnancy, labor, and a vaginal delivery, the pelvic floor muscles and surrounding structures go through a LOT. Even if you don't have a severe tear, the tissue needs time, support, attention, and ideally rehab to fully recover. They need TLC or Tender Loving Care. Working with a pelvic floor PT or OT to help you return to WHAT you love with WHO you love without pain, leaks, or pressure is key for many people to reach their goals.

1) Connect with a therapist at myPFM.com under "Find a PT" to search for one in your area

2) Join me for a free postpartum workshop August 29 at 8:00 pm EST to learn more

♥ Jeanice

