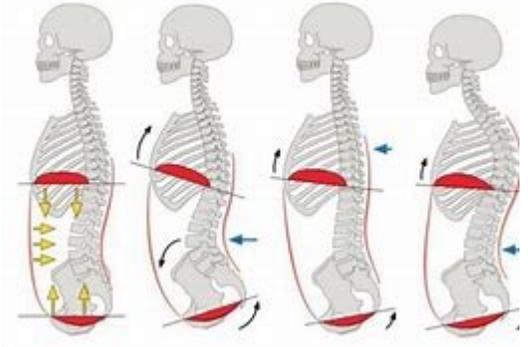


Leaking, Pelvic Pain?

You're not alone-Regain Your Confidence!

## Women's Health Physical Therapy for New Moms



### You're Not Alone

Pregnancy and childbirth can bring changes to your body, including pelvic floor issues like incontinence. Peeing when you laugh, sneeze, or jump or pelvic pain with intercourse. Many new moms experience these problems, but this doesn't have to be permanent. Women's Health Physical Therapy can help you feel strong and in control again.

### What we offer:

- Expert care from a physical therapist specializing in women's health
- Personalized treatment plans to address your specific needs
- Exercises and techniques to strengthen and help you reconnect with your pelvic floor muscles
- Exercises to improve **core strength** and posture
- Reduce urgency, leaks, and bathroom accidents
- Regain confidence in daily life, work, and exercise activities

### Signs you may benefit from PT:

- Leaking when you sneeze, cough, or exercise
- Rushing to the bathroom frequently
- Difficulty "holding it" or feeling pressure
- Feeling like something is "off" down there

### What to expect at your PT visit:

A private, respectful evaluation with a trained therapist  
Discussion of your symptoms and birth history  
Gentle assessment of your core and pelvic muscles  
A **custom plan** that fits your comfort and goals



*Don't wait. Don't let incontinence hold you back from enjoying motherhood. Incontinence is treatable, and physical therapy can make a huge difference.*



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