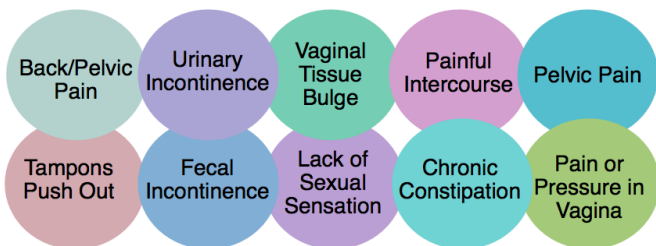


Pelvic Health

Pelvic floor disorders are an extremely common condition, which are under diagnosed. Pelvic floor and abdominal muscles may become stretched and weak over time, a condition exacerbated by pregnancy, childbirth, chronic constipation, repetitive heavy lifting, hormonal changes, aging, overall de-conditioning and certain medical conditions, such as obesity, chronic obstructive pulmonary disease (COPD), and eating disorders.

At our Hospital Program, Work-Fit Total Therapy Centre, a qualified Physiotherapist will develop a customized treatment plan specific to you and your specific needs.

Some Common Symptoms:



May be covered by your extended health insurance plan.

Do you suffer from any or all of the following conditions?

- Urinary Stress Incontinence when you cough, sneeze or exercise.
- Overactive Bladder Pelvic Organ Prolapse
- Female Sexual Dysfunction Fecal Incontinence

Pelvic Physiotherapy Fees:

- | | |
|---|----------|
| • Pelvic Floor Assessment (1-1.5 Hours) | \$130.00 |
| • 30 Minute Pelvic Floor Treatment | \$95.00 |
| • 45 Minute Pelvic Floor Treatment | \$110.00 |



Milton District Hospital
725 Bronte St. S. Milton, ON L9T 9K1

T: 905.876.7022

WorkfitPhysiotherapy.ca

A Hospital Program. All Net Proceeds Support Hospital Programs & Services.