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## August

**"August is the perfect time to savor the last sweet moments of summer."  
— Unknown**



As we embrace the final weeks of summer, our team is excited to help you make the most of this vibrant season. Whether you're seeking physiotherapy, dietetics, massage, counseling, or athletic therapy, we're here to support your well-being and health goals.

As the days grow shorter and we start to feel a hint of autumn in the air, it's the perfect time to savour the last sweet moments of summer.

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## What is the Pelvic Floor?



The pelvic floor is a group of muscles and ligaments that support the bladder, uterus, and rectum. These muscles play a crucial role in controlling bladder and bowel movements, as well as in sexual function and stability of the core.

Many people experience pelvic floor issues at some point in their lives, which can lead to problems such as incontinence, pelvic pain, and sexual dysfunction. Factors such as childbirth, surgery, aging, and high-impact activities can weaken or damage the pelvic floor muscles.

How Physiotherapy Can Help:

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pelvic floor guide you through tailored routines to enhance muscle tone and function.

2. Manual Therapy: Hands-on techniques can help release tension, improve blood flow, and alleviate pain in the pelvic region.
3. Biofeedback: This technique uses electronic monitoring to help you become aware of and control your pelvic floor muscles more effectively.
4. Education and Lifestyle Modifications: Our therapists provide valuable information on how to avoid activities that strain the pelvic floor and suggest lifestyle changes to support pelvic health.
5. Bladder and Bowel Training: We offer strategies to improve bladder and bowel control, helping to reduce urgency and frequency issues.

We have 4 Physiotherapists with a special interest in pelvic floor across all our locations! If you're experiencing symptoms related to pelvic floor dysfunction, our skilled physiotherapists are here to help you regain control and improve your quality of life. If you have any questions or would like to book an appointment feel free to reply to this email!



Jill - Winnipeg



Leanne - Winnipeg



Dixie - Winnipeg



Blair - Calgary

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Thank you to everyone who has left us a 5 star review! We would like to share one of our most recent reviews!

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Blair was super approachable and has a personality that put me at ease.  
Wonderful to work with and very knowledgeable. Definitely would  
recommend 😊

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