

Anne-Marie Fafard, B.Sc.P.T., offers:

Private individual physiotherapy sessions for:

- **PELVIC FLOOR FUNCTION:**

- **Pre & Post Natal Care**

- Pelvic & back care

- Pelvic floor & abdominal preparation for delivery

- Pelvic floor & abdominal strengthening post-natally

- Treatment perineum scars (episiotomies or natural tears)

- Breastfeeding positions to protect the spine, shoulders and wrists

- **Bladder & Bowel Function**

- Incontinence: urine, gas or stool leakage

- Urgency & Frequency

- Constipation

- Pelvic Organ Prolapses: descent of bladder or rectum

- **Sexual Function**

- Dyspareunia: pain with intercourse

- Vaginal or vulvar pain

- Uterine prolapse: descent of the uterus

- **CHRONIC PAIN**

Each session is held in a private room.

Duration of a session: **55 minutes**.

To book an appointment or discuss your situation,
please contact **Anne-Marie Fafard** at **(403) 609-5554**.