

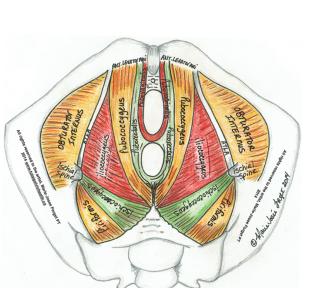
## **Unveiling the Secrets of Pelvic Health**

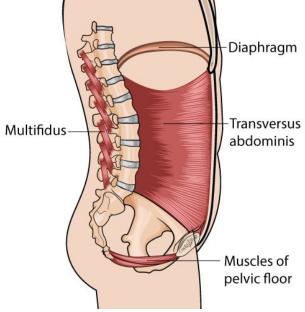
Dr. Stephanie Raven

Pelvic floor muscles work with the abdomen, back muscles, and diaphragm to make up our core.

A strong pelvic floor is necessary for a strong core. A weak pelvic floor can lead to pain and injury.

Pelvic floor dysfunction can present as pain in the low back, abdomen, pelvis, hips, groin, and rectum. It can also lead to pain with intercourse, pain with urination, leakage of urine or feces, bathroom urgency, genital organ prolapse and/or constipation.





## Therapies that can help:

- Pelvic Floor Manual Therapy
- vFit Gold by JoyLux
- Prolotherapy & PRP Injections
- Hormone Replacement Therapy
- Optimizing Digestive Health