



COURTNEY VON WACKERBARTH

Courtney graduated from the University of Alberta with a Masters of Science in Physical Therapy in 2018. Prior to that, she obtained her Bachelor of Science degree in Biological Science from the University of Alberta in 2015. In the fall of 2019 she received her certification to treat pelvic health issues in women.

Courtney has a strong passion to dispel the stigma surrounding women's health. With the sensitive nature of the subject, pelvic health issues are rarely openly discussed. Many people are unaware of the pelvic physiotherapy treatments available to them and suffer in silence. Courtney is driven to change this narrative and empower women to take back control of their bodies!

How long should I wait after giving birth to see a pelvic floor physio?

You can see a pelvic floor physiotherapist following your 6 week check up once your OB/GYN has cleared you to start physiotherapy.

Do you need to be a mom to benefit from pelvic floor physiotherapy?

No! There are several other factors that can affect pelvic floor function in women of all ages, regardless if they have been pregnant or not. Common complaints include urine leakage with exercise, pain with intercourse, urinary frequency and/or urgency, all of which can be helped by pelvic rehabilitation.

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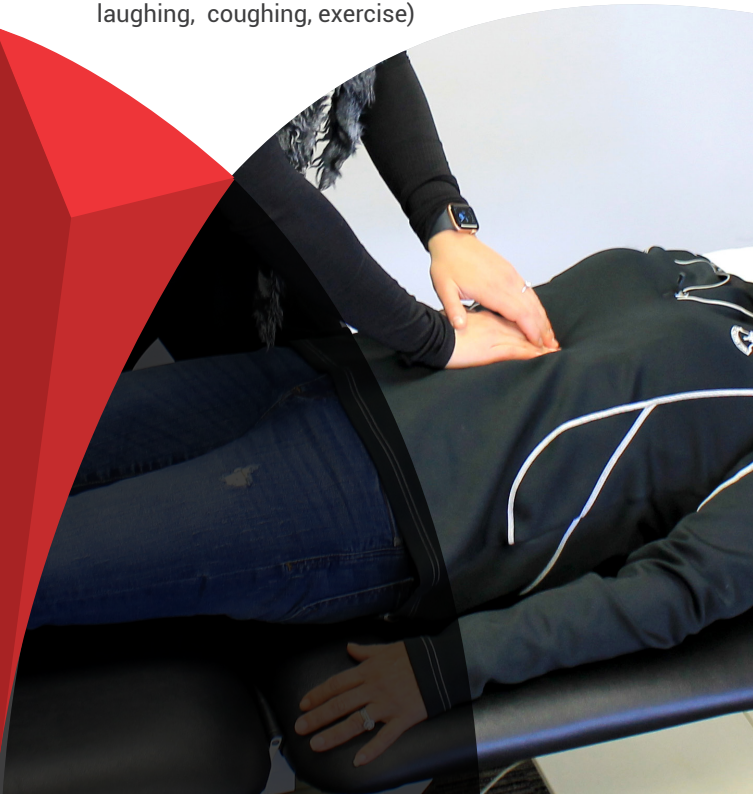
Now offering Pelvic Health Physiotherapy

What is Pelvic Health Physio?

A pelvic health physio is specially trained to rehabilitate the pelvic floor muscles. They help to increase mobility and strength and reduce pain with manual techniques, gentle stretches and exercise. This involves an assessment of the muscles, joints and connective tissues of the pelvis, low back and hips.

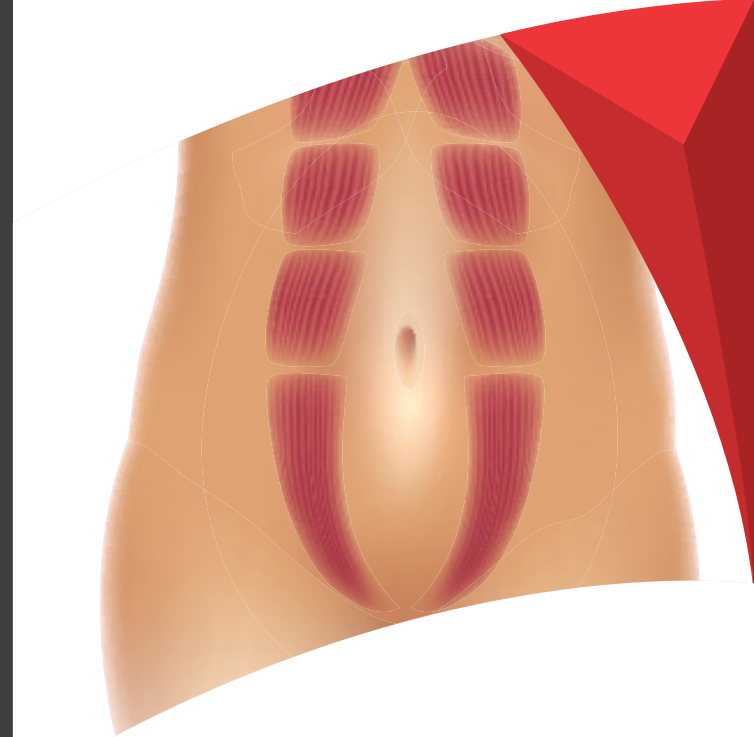
What conditions respond well to Pelvic Floor Rehabilitation?

- Pelvic pain • Diastasis recti • Birth Preparation
- Pelvic Organ Prolapse • Post partum recovery
- Urgency and frequency of urination
- Stress incontinence (urine leakage with laughing, coughing, exercise)



Can I still exercise while going to pelvic health physio?

Yes! We may modify things at the beginning to decrease risk of leakage, but we will always be working towards your personal goals. If you have a race in the immediate future or a competition you're hoping to attend, we'll work together to come up with a plan that will allow you to be successful in your goals while also working on your pelvic floor rehabilitation.



Shouldn't I just do my kegels?

Kegels are not always the best exercise for every pelvic floor problem. A lot of times women assume that they are leaking because the pelvic floor muscles are weak, but a large portion of women's leakage or urinary urgency is caused by pelvic floor muscles that are overactive and don't ever fully relax. Another important thing to note is that a large proportion of women perform kegels incorrectly! A proper "kegel" is an isolated contraction of the pelvic floor muscles, but most women do too much and contract their abs, glutes, and inner thigh muscles in an attempt to kegel, which increases the intra-abdominal pressure. This means when this woman feels a sneeze coming on and tries to kegel in an attempt to avoid leakage, she is actually increasing the pressure on her bladder and making her likelihood of leaking higher. So it's really important that we teach proper contraction and full relaxation to train these muscles properly.