



Obstetric and Pelvic Health Physical Therapy
Jill Newcomb-Campanelli PT, CLT, CI, CAPP-OB
Promoting Women's Health Through the Lifespan

WellWomanPT Pelvic Physical Therapy and Wellness Services

The following are our available services, programs and packages.

Pelvic Health Physical Therapy services are intended to evaluate and treat painful conditions and injuries, aid in surgery recovery, and check for dysfunctions. Physical therapy includes medical review, testing, measures, assessment, plan of care, and treatments which may include physical modalities and manual therapies. While recommended, a doctor's referral is not required to begin physical therapy with us. After your initial evaluation, if treatment is recommended, we'll send your plan of care to your healthcare provider for signature. Sessions are scheduled 1:1 with a highly trained and licensed OB/Pelvic Health Physical Therapist with over 30 years of experience. Enjoy 1 hour long customized sessions, giving you holistic, high quality, compassionate care so you feel better, faster. Packages are available to help with progress and offer cost savings. Please inquire.

Wellness programs are designed for those who are well and have clearance from their healthcare provider to participate in exercise and classes are educational in nature.

We invite you to schedule a 30-45 minute private phone discovery consultation to discuss how we can best meet your needs. During this call, we can find out more about your needs and concerns, identify your goals and timeframes, and discuss how WellWomanPT's programs, services, and/or referrals can best support you.

Call or text 678-719-2488 to make an appointment for pelvic health physical therapy or a private phone consultation. For convenience you may also schedule through our website www.wellwomanpt.com

Registration for wellness classes: visit www.wellwomanpt.com for more information, join the wait list or call for class schedule and availability. Classes run pending community interest and space available.

Pelvic Health and Obstetric Physical Therapy Services

“Designed and recommended for women who are tired of having pelvic pain, birth or peri/menopausal related dysfunctions that limit activities and who want to feel empowered, have solutions, and confidence in their pelvic health throughout life.”

Prenatal/Postpartum/and or Pelvic Health Physical Therapy Evaluation Ideal for those in search of a detailed medical review and assessment of their neuro musculoskeletal systems and function, assessment of scar/fascial restrictions relating to infertility, pelvic congestion, and pain, assessment of their pelvis before and/or after child birth, and treatment solutions to pain and dysfunction. External and internal pelvic assessments based on your needs and consent. A treatment plan/home program may be



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recommended as well as suggested referrals. *In-clinic. 1 session (initial 1:1 initial physical therapy evaluation)*

Prenatal/Postpartum/and or Pelvic Health Physical Therapy Treatment Session Intended for those seeking treatment following their Initial Physical Therapy Evaluation and in search of expert, goal-driven care! Customized individually-paced for your needs. Treatments can include bowel and bladder diary assessment with recommendations, further physical internal or external pelvic assessment, movement analysis, neuromuscular re-education training, manual therapy, myofascial/visceral fascia/ and scar tissue mobilization, pelvic floor perineum massage to prepare for birth, relaxation training, education and/or exercise prescription and progression in exercise advancement. Screening is available for runners who would like guidance pelvic health preparation in return to sport. Modalities such as the Prometheus Biofeedback Surface Electromyography (sEMG) for biofeedback to learn how to relax and re-educate the pelvic floor, Ultrasound (US) to reduce post surgical swelling/speed healing, and electrical stimulation (TENS or NMES) are available to help with pain, relaxation and strengthening. *Online or in-clinic. 1 session (1:1 physical therapy treatment).*

Most Recommended Package:

The Preferred Prenatal/Postpartum/Pelvic Health Physical Therapy treatment 4 Pack

Intended for those seeking additional treatment and support following their Initial Physical Therapy Evaluation. This treatment package helps clients stay committed and maintain accountability in working towards their goals. Includes weekly check-ins via email or text, handouts, and customized programming based on your needs and goals. *Non-returnable, transferable or refundable. Must be used within eight weeks from time of purchase. In-clinic or online. 4 sessions (1:1 physical therapy treatment).*

****Discounts may be available for extended packages.*

Premium Pelvic Health Physical Therapy Birth Prep Package

Schedule your perineum massage session at 34 weeks and get your perineum ready. This includes a pelvic health physical therapy evaluation and treatment with a pelvic health physical therapist. Learn how to stretch, and relax your pelvic floor for birth! Includes pelvic floor and abdominal assessment, an internal professional perineum manual massage at 34 weeks (your birth partner is encouraged to attend for training of the massage), Surface EMG biofeedback relaxation training, and TENS training for labor pain/postpartum pain. Handouts and home exercise programs are included. Perineum massage and having birth partner training is optional. Once begun, packages are non-returnable, transferable or refundable. All sessions take place within 4 weeks of purchase date. *In-clinic. (1:1 physical therapy, includes optional partner training,) 2 sessions. Pair it with our Birth Empowerment Training program!*

Wellness Programs

“Prenatal and postpartum wellness programs are designed for women who feel nervous about childbirth to find confidence in their bodies’ ability to birth, ease common aches and pains, and have solutions for birth injuries so they may feel the calm, happiness, and wellbeing during



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pregnancy, birth, and postpartum hood."

Most Popular Wellness Prenatal Program

Birth Empowerment Training (BET) The ultimate all-in-one childbirth education and movement program for first-time and experienced moms alike (2-42 weeks of gestation). Feel confident and empowered in birth, reduce risk of injury and emergency cesarean, learn to strengthen and relax your pelvic floor, and discover ways to manage and prevent complications like back pain, leg swelling, hemorrhoids, incontinence, perineal tearing, postpartum depression, and more. Resources on postpartum exercises and wellness screening are included. Each session is 75 minutes long.

Mommy & Me Early Infant Development Training A gentle-yet-energizing course ideal for mothers who've recently delivered and are seeking a quicker return to pre-pregnancy strength, fitness, and confidence. Join Jill for stretching and strengthening exercises, as well as guided discussions, all designed to target common postpartum ailments including poor posture, back pain, incontinence, and abdominal and organ prolapse. Infants are invited to sleep through sessions or join in as weights in exercises and to receive a baby massage! *Open to mothers with infants as young as two weeks through non-crawling toddlers. Each session is 60 minutes long.*

**All wellness programs are not considered physical therapy and require medical clearance from your healthcare provider prior to participation. Led by a physical therapist, group programs are semi-private for an intimate feel. In-studio or Online. Each session includes six weekly classes. Additional sessions or single classes are available to support you throughout your pregnancy.*