



*Promoting Women's Health Through the Lifespan*

Jill Newcomb-Campanelli PT, CLT, CI, CAPP-OB candidate  
Prenatal, Postpartum, and Pelvic Health Physical Therapy  
Contact: [www.WellWomanPT.com](http://www.WellWomanPT.com) to schedule your free initial consultation

## **WellWomanPT Wellness and Physical Therapy Services**

The following are our available wellness programs, services, and packages.

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

**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.

**We invite you** to schedule a free 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 Well Woman PT's programs, services, and/or referrals can best support you.

### 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 pregnancy, birth, and postpartum hood.**

**Birth Empowerment Training BET (previously "Prenatal Yogballaties")** 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.

*Clearance from your healthcare provider is required for participation. Non-returnable,*



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*transferable or refundable. All six sessions take place within eight weeks of purchase date. Please note: Should bedrest or early delivery occur, we invite you to apply any remaining sessions to another wellness program within eight weeks of your delivery.*

*Online or in-studio.*

*Individualized 1:1 training, 6 sessions.*

### **Pelvic Birth Prep**

A wellness prenatal pelvic health preparation package with a pelvic health physical therapist. Learn how to contact 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 program are included.

*Schedule your perineum massage session at 34 weeks or more of gestation with your birth partner. Perineum massage is optional as well as birth partner training for such.*

*Non-returnable, transferable or refundable. All sessions take place within 4 weeks of purchase date. In-clinic.*

*1:1 physical therapy, with optional partner training, 2 sessions*

### **Birth Partner Coach Training**

A couple's class covering natural ways to reduce pain and increase comfort during labor and delivery. Learn and practice partner labor positions, relaxation and massage techniques, and strategies to reduce risk of birthing injuries and emergency cesarean. Discover TENS, heat, counter pressure, and relaxation training. Bradley Method style to birthing is discussed. This fun, laid-back, 2.5-3 hour class includes appetizers and beverages and takes place in a cozy, boutique-like environment.

*Clearance by your healthcare provider is required to participate in positioning exercises. Non-returnable, transferable, or refundable.*

*Online or in-studio.*

*1:1 Individualized Instruction for couples, 1 session*

### **Mommy & Me Early Infant Development Training (Previously "Postpartum Babes")** 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



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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 crawling toddlers. Clearance from your healthcare provider is required for participation. Non-returnable, transferable or refundable. All six sessions take place within eight weeks of purchase date.*

*In-studio.*

*Individualized 1:1 training, 6 sessions.*

### **Postpartum Cardio Drumming (Previously "Beats")**

Beat some balls! Low-impact, hour-long sessions offering pregnant and postpartum women a simple and fun way to burn calories with some upbeat music, drumsticks, and a physioball. Warm up, break a sweat, and cool down with stretching and strengthening—including gentle core, banded, and weighted exercises—in a supportive environment emphasizing women's health from birth and beyond. Resources on postpartum wellness and exercises included.

*Clearance from your healthcare provider is required for participation. Non-returnable, transferable or refundable. All six sessions take place within eight weeks of purchase date.*

*Online or in-studio.*

*Individualized 1:1 training, 6 sessions.*

## **Pelvic Health/Obstetric Physical Therapy Services**

**Designed and recommended for women who are tired of having pain and birth related dysfunctions that limit their activities, to feel empowered, have solutions, and regain confidence in their bodies and return to joyful and love filled lives alongside their families.**

**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 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 recommended as well as suggested referrals.

*In-clinic.*

*1 session (initial 1:1 initial physical therapy evaluation)*

WellWomanPT, LLC  
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**Prenatal/Postpartum/and or Pelvic Health Physical Therapy Treatment Session** Intended for those seeking treatment following their Initial Physical Therapy Evaluation and in search 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, scar tissue mobilization, pelvic floor perineum massage to prepare for birth, relaxation training, education and/or exercise prescription and progression in exercise advancement. 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).*

### **The 3 Month Postpartum Return to Run Wellness Pelvic Health Physical Therapy Assessment**

Includes evaluation of your strength, load transfers during gait and running, bowel/bladder health; review of the recommended exercises; and guidance determining when and how to make your return to running! Pending your needs, this also includes other recommendations/referrals. Assessment involves external pelvic muscle assessment; internal pelvic assessment not included.

*Only available to physical therapy clients who have had an evaluation within the last 6 months. In-clinic.*

*1 session (1:1 physical therapy assessment).*

### **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).*