



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 for 1 hour+ long 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 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 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.**

**Registration for wellness classes may be available online. Visit [www.wellwomanpt.com](http://www.wellwomanpt.com) or call for class schedule or availability. Classes run pending community interest and may be canceled 24 hours before the first scheduled class, if not sufficiently filled. A Full deposit is required to reserve your spot in class. A full refund will be available if the class session is canceled.**

WellWomanPT, LLC  
Obstetric, Pelvic Health Physical Therapy and Wellness  
[www.wellwomanpt.com](http://www.wellwomanpt.com)  
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## **Pelvic Health and 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 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 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



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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.*

## **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.**

*All wellness programs require clearance from your healthcare provider for participation. Once in session, individual classes are non-returnable, transferable or refundable. Group programs are kept small for an intimate feel. In-studio or Online. Each session includes six weekly classes.*

### **Most Popular Program for Expectant Moms**

**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.

### **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



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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*

**Mommy & Me Early Infant Development Training** A gentle-yet-invigorating 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.*

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