



trimetrics

Pelvic Floor Strength and Conditioning Program

*If you have recently **given birth, had pelvic or abdominal surgery or suffer from incontinence** that affects your daily activities and fitness this 3 week targeted program is for you!*

This research based 3 week program includes:

- * A 60 minute pelvic floor, spine assessment and Real Time Ultrasound evaluation of your core and pelvic floor muscles with Kirsten Stalberg Registered Physiotherapist. Treatment provided as needed to ensure the success of the program
- * 3 progressive Pilates based pelvic floor conditioning classes
- * Pelvic Floor Kit : ball, DVD ,manual

Fee:

- \$ 140 physiotherapy fee
(may be covered by your Extended Benefit Plan)
- \$ 150 + tax (classes + kit fee)

Dates:

Mondays May 27 June 3 ,10 Time: 7:30 – 8:30
Instructor Lynsey Arkley Certified Pilates teacher.

Tuesdays May 28 June 4 ,11 Time: 1:30 – 2:30
Instructor Susie Higgins Physiotherapist, Pilates teacher.

Maximum 6 per class to ensure optimum attention to details and your questions.

Please secure your registration by phone with your Visa or cheques (604) 982 0366.

Email info@trimetricsphysio.com

