

| where is she? |

Lakefield Physiotherapy
& Foot Health Clinic

150 Strickland Street
Lakefield, ON K0L 2H0
705-652-6999

*Learn more about our services and
the women's health issues we treat at:*

www.leadtheway.ca/services/womenshealth



Introducing an
innovative and exciting
new approach for treating
women's health conditions

All services provided under the direct care of a Registered Physiotherapist and may incorporate the care of other regulated health professionals. The cost for services is covered by most private health insurance plans. Services are not covered by OHIP.



| who is she? |



| who is **she**? |

Active. Confident. Assertive. Taking charge of her health and living life to its fullest.

Introducing an innovative and exciting new approach for treating women's health conditions such as:

- **Incontinence**
- **Pelvic Pain**
- **Pain During Pregnancy**
- **Pain During Intercourse**
- **Osteoporosis**

Created for women by women health professionals, **she** is a highly effective, non-surgical approach. It's a completely unique program of physiotherapy and integrated health care, individually tailored and supervised to help women with personal-limiting pain or health conditions reclaim their lifestyle and achieve a new level of freedom, healthful activity, and vitality.

| **she** program overview |

Pelvic Dysfunctions

Take control and regain confidence without surgery. Treatment includes conditions such as stress incontinence, urge incontinence, mixed incontinence, pelvic pain, pain with intercourse, and pelvic organ prolapse.

Pregnancy

Don't be limited by pain and simply resign yourself to lower back and pelvic discomfort during pregnancy. Our treatment helps. This program also integrates other aspects of pre-natal support in a fun social setting including informative guest speakers and information related to labour, delivery, and post-partum.

Osteoporosis

This program focuses equally on treatment and prevention to achieve an overall plan for managing osteoporosis. Core aspects include falls prevention, balance testing and treatment, postural assessment and correction, fitness testing, and exercise and strengthening regimes to maintain and build bone mass.

