

BETTER Results for Women.

Pelvic floor therapy can make the difference.



VS



AT-HOME ATTEMPTS

- ✗ Confusing technique
- ✗ Unsure what muscles to use
- ✗ May do too much or too little
- ✗ Easy to quit

WITH A PELVIC FLOOR THERAPIST

- ✓ Personalized coaching
- ✓ Real-time feedback
- ✓ Tailored plan—relax or strengthen
- ✓ Support that keeps you going



Women often feel more in control and notice improvements earlier when working with a therapist.

Why One on One Training Works Better

- After 8 weeks: Women working with a pelvic floor therapist had fewer leaks and the benefits lasted for a year.
- Best results: Fully supervised PFMT works better than partial or unsupervised programs.

MYTH VS. FACT

MYTH: Kegels are simple and the same for everyone.

FACT: A pelvic floor therapist makes sure you're using the right technique, frequency, and timing for your body.

MYTH: Fancy devices will fix the problem.

FACT: Devices may help, but real progress comes from learning proper movement with expert support.

MYTH: I'm too young or old for PFMT to work.

FACT: Bladder leaks can happen at any age, and people of all ages can benefit from PFMT.

OPTIONS FOR SUPPORT



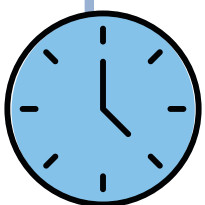
- ✓ In-person pelvic floor therapy (gold standard)
- ✓ Telehealth visits with a pelvic floor therapist
- ✓ At-home devices (work best with professional guidance)

The best pelvic floor program is the one you'll actually do—guided support makes that easier.

READY TO MEET WITH A PELVIC FLOOR THERAPIST?

Talk to your healthcare provider or a pelvic floor therapist today.

You don't have to live with leaks.



If You've Ever Crossed Your Legs to Sneeze, This Podcast Is for You

Research shows that PFMT is effective in women of all ages.



Listen to our
podcast series
and find more
resources
about
PFMT at
NAFC.org