

The Physical Therapy Perspective: Pelvic Health Beyond Kegels

Join us for a live online information session on pelvic health with UCSF Physical Therapists.

What is Pelvic Health Physical Therapy? Learn how the health of your pelvic floor muscles impacts core strength and supports healthy bladder and bowel function.

Join us to discuss evidence-based recommendations to promote pelvic floor health across the lifespan. While urinary leaking is very common, it is also treatable. Learn how to contract and relax the pelvic floor muscles and how to use these muscles to improve stability and prevent urinary leaking. We will discuss the anatomical components of the pelvic floor, and how these muscles work with the rest of your core to support you during daily activities. A question and answer session will follow the presentation.

Tuesday, August 10, 2021 at 7:00PM-8:30PM

Registration Fee: \$15

Register at: <https://ptrehab.ucsf.edu/physfit-health-wellness-center/payment>

**Please include presentation title in
“Additional Information” text box**

Zoom information will be sent via e-mail within 24-hours of registration.



Leah Wylie, PT, DPT

Leah Wylie, PT, DPT, sees patients at the UCSF Mt. Zion Outpatient Clinic and through the UCSF Women's Health Center. She completed her Physical Therapy education at Columbia University, which included a clinical internship in Pelvic Health PT. She has completed continuing education through the Herman & Wallace Pelvic Rehabilitation Institute.