



## *Update to "New Kegels" ... the Floor of Your Core!*

Physical Therapy, Classes and Personal Instruction

Pelvic Floor Muscles (PFM) are part of your body's core support team. This also includes your abdominal and spine muscles, and diaphragm.

Your deep, supportive muscles are the "floor of your core", and can have problems from weakness, spasm & imbalances like other muscles.

*All women should be doing Kegels!*

Women of all ages can have problems with continence, intimacy, and loss of pelvic support.

Older style, isolated Kegel exercises aren't enough to fight against the strain of lifting, running, or pregnancy! Come and learn to lift up your "pelvic floor" muscles throughout your day. Try to prevent/minimize bladder leakage, frequency, or pelvic pressure. Pat Salin Huston, MSPT is an experienced women's health physical therapist.

**434.979.5559**

Classes offered alternate months or by group request; fee includes handouts.  
Personal Kegel instruction and physical therapy by appointment only.

For more information about programs:  
**Call Passages PT or view website [www.passagespt.com](http://www.passagespt.com)**