

# Our Specialities

## Women's Health



Our Women's Health Physical Therapists treat a variety of common issues including incontinence, pelvic girdle pain, pain during pregnancy, diastasis, and post-partum rehabilitation. During pregnancy and after delivery many women experience issues with back, pelvis, and rib pain, as well as issues with core strength and bladder control. Millions of women suffer from these issues and Physical Therapy can help! Therapists use a variety of hands on techniques and specialized exercises to treat these issues and return patients to their previous level of function.

## Atlas Physical Therapy Women's Health Newsletter

- [Nov 2016 - Diastasis Recti](#)
- [Oct 2016 - Body Back After Baby](#)