



# Maitri Health Care for Women

Obstetrics, Gynecology and Midwifery

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## Pelvic Floor & PT referrals

Often during pregnancy and childbirth, pelvic floor muscles can be stretched and sometimes damaged. This can lead to functional problems of the pelvic floor which can include urinary incontinence, fecal incontinence, pelvic organ prolapse, pain with sexual activity, low back pain, pelvic pain, or diastasis recti (separation of the abdominal muscles). Luckily, these issues can be treated through pelvic floor physical therapy once you are cleared after your 6-8 week postpartum checkup. The pelvic floor therapy session depends on your complaints or goals but may include strengthening exercises for the pelvic floor, legs or abdominal muscles, stretching or relaxation exercises, scar massage, coordination exercises, behavioral modifications and education, or biofeedback. Below is a list of local options for pelvic floor physical therapy that we may suggest.

Practice	Visit Types	Contact Info	Insurance
Hemmett Health	Pelvic floor PT Chiropractic care Breech technique Pre/postnatal care	P 802-879-1703 F 802-863-9299 185 Tilley Drive S. Burlington	Accepts most major health insurance plans except MVP or Medicaid
Pelvic Health	Pelvic PT for pelvic pain, incontinence, pelvic floor dysfunction, and prenatal/postpartum	P 802-863-3323 F 802-863-3288 1 Kennedy Dr Unit 3 S. Burlington	Accepts most major health insurance plans except Aetna
Phoenix PT	Pelvic Floor Dysfunction, Pelvic pain, incontinence	P 802-863-6662 F 802-861-2224 1775 Williston Rd Suite 104 South Burlington, VT 05403	Accepts most major health insurance plans except out of state Medicaid
Renewal Physical Therapy, Dr Kaleigh Mulpeter	Pelvic Health, pre/postnatal care, orthopedic injuries	P 845-594-9718 F 802-392-2040 The Wellness Collective 875 Roosevelt Highway, Suite 120 Colchester, VT 05446	BCBS of Vermont, Medicare, Vermont Medicaid, Cigna, Aetna

Transitions PT	Pelvic Health, PT	<b>Jericho:</b> 74 Vermont Route 15 Jericho VT 05465 P 802-899-5200 F 802-899-5800 <b>Essex:</b> 63 Main Street Essex Junction, VT 05452 P 802-857-5976 F 802-857-5175	BCBS, MVP, Tricare, Cigna, Aetna, Medicare, Medicaid, United, CVA
Integrative PT, Dr. Michelle Downing	Pelvic Floor Prenatal Care Postnatal Care Orthopedic Conditions	P 802-557-1349 F 802 -321-5382 305 St Paul St Suite 321 Burlington, VT 05401	Blue Cross Blue Shield, VT Medicaid, Medicare and MVP
Catamount Physical Therapy, Dr. Kelsey Barklund	Pelvic Floor PT	P 802-864-0015 F 802-863-4988 89 Rye Circle, Suite 1 South Burlington, VT 05403	Accepts most major health insurance plans