



# Maitri Health Care for Women

Obstetrics, Gynecology and Midwifery

185 Tilley Drive, South Burlington, VT 05403  
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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 802-316-8752  65 Huntington Road Suite 103 Richmond, VT 05477	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	BCBS, MVP, Tricare, Cigna, Aetna, Medicare, Medicaid, United, CVA

		F 802-857-5175	
Central Vermont Chiropractic	Chiropractic, Pelvic Floor PT, Massage	81 River St Suite 104 Montpelier VT 05602 802-552-0284 info@centralvermontchiropractic.com	BCBS, Cigna, Medicare, VA, ChiroHealth, Anthem BCBS, BCBS
Dr. Caitlin Atkinson Middlebury Sport and Spine	Pelvic Floor PT	1330 Exchange St. Suite 105 Middlebury, VT 05753  Phone: (802) 388-0970	Accepts most major health insurance plans