

Angela is a licensed pelvic health physical therapist and founder of *My Pelvic Therapy*, a virtual practice delivering personalized care for distressing symptoms such as bladder leaks, pressure, or pain.

With 20+ years of experience, her mission is to normalize conversations around pelvic health, empower women with real tools for healing, and make expert care accessible nationwide.



Licensed Physical Therapist Pelvic Health Expert

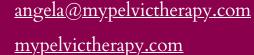
Because you shouldn't have to live with leaks, pressure or pain

SIGNATURE TOPICS

- ✓ Bladder leaks: What's normal, what's not, and what to do about it
- ✓ Pregnancy prep your OB never mentioned: The Pelvic Floor Edition
- ✓ Understanding urgency: Why you sprint to the bathroom when you get home
- ✓ Pain during intimacy: Why it happens and how to treat it











FEATURED MEDIA

WGN Chicago | Living Healthy Chicago
 "How Pelvic Floor Physical Therapy Works"
 "Watch the Segment →

SUGGESTED INTERVIEW QUESTIONS

- What are some common signs of a pelvic floor problem that women often ignore?
- How can women reduce their chances of tearing during delivery?
- Why do so many women accept bladder leaks as "normal"?
- Can pelvic floor therapy actually be done via telehealth?
- What's one thing every woman should be doing after giving birth?

CLIENT FEEDBACK

I cannot say enough great things about Angela and her pelvic floor program. [It] should be a part of every woman's postpartum journey.

Tiffany K.

Angela is a wealth of information. The convenience of being able to be treated virtually from my home was so helpful. For me, the biggest life change I experienced is to now be able to sleep through the night!

Judy A.



Licensed in IL, CA, CO, FL, NH 20+ Years in Women's Health Trusted by OB-GYNs Get in Touch!

instagram.com/mypelvictherapy

<u>facebook.com/mypelvictherapy</u>