



Angela Fishman

Licensed Physical Therapist
Pelvic Health Expert

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

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.

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



Personalized Pelvic Health Starts Here.

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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?



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

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.

Get in Touch!

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