



# ABOUT

## RESILIENCE PT

Resilience Physical Therapy is a specialty physical therapy practice, focusing on treatment of the pregnant or postpartum woman. Dr. Becky is a mom of two herself and has taken extensive training in obstetric and pelvic physical therapy. She is also a certified pregnancy and postpartum corrective exercise specialist. She provides individualized treatment to help clients prepare the pelvic floor for birth, treat aches and pains in pregnancy/postpartum, treat incontinence, pelvic organ prolapse, and symphysis pubis dysfunction, and more!

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## LET'S CONNECT

### Phone

(937) 949-1427

### Website

<https://resiliencept.net/>

### Email

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### Address

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Kettering, Ohio 45429

Book Your Bundle Now!



# PT Birth Bundle

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IN PARTNERSHIP WITH



# PT BIRTH BUNDLE

You've already taken a great first step in hiring a doula, but now its time to optimize your body to prepare for birth and increase your body's recovery.

**BOOK OUR PELVIC PT  
ADD-ON PACKAGE WITH  
OUR EXPERT PT PARTNER,  
RESILIENCE PHYSICAL  
THERAPY**

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This bundle includes three 60-90 minute sessions.



Special price  
of only  
\$500!

## WHAT DO THEY INCLUDE?

These PT sessions are fully customizable and screen, treat, and provide risk management strategies prenatally and postnatally as needed to support your optimal health.

Postpartum visits will assess tissue healing for vaginal and cesarean births, and provide recommendations on body mechanics for infant care, pelvic floor strength and abdominal control.