

# L P I

## M O M ' S C L U B

HELPING MOMS STAY STRONG, HEALTHY AND PAIN FREE THROUGH EVERY STAGE OF PREGNANCY AND POSTPARTUM



- 60 minute treatment sessions

- 1-on-1 with a Doctor of Physical Therapy and Pelvic Health Specialist

- Treat the ROOT CAUSE of your pain or dysfunction, not just the symptoms

- Individualized and holistic approaches to address YOUR unique needs to achieve YOUR specific goals

- Become the strongest version of yourself so that you not only feel better, but are better equipped to take care of your family

- Programs aimed to reduce injury risk during birth while expediting postpartum pelvic floor and abdominal recovery after birth



SCAN BELOW TO BOOK A FREE PHONE CONSULTATION

[WWW.LPIPHYSICALTHERAPY.COM](http://WWW.LPIPHYSICALTHERAPY.COM)



PHONE NUMBER (626) 427-0760