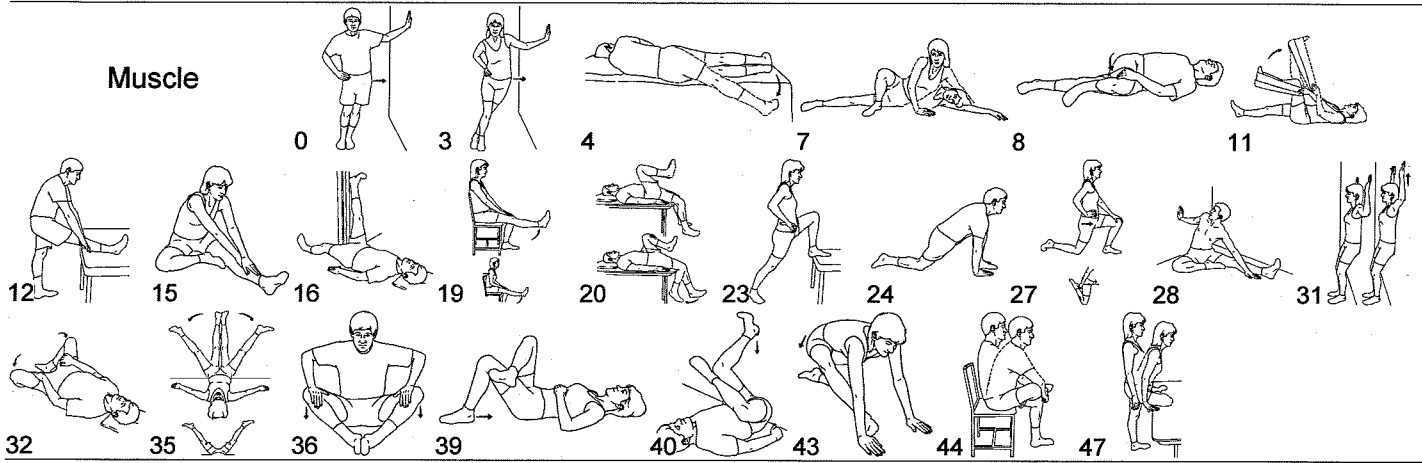
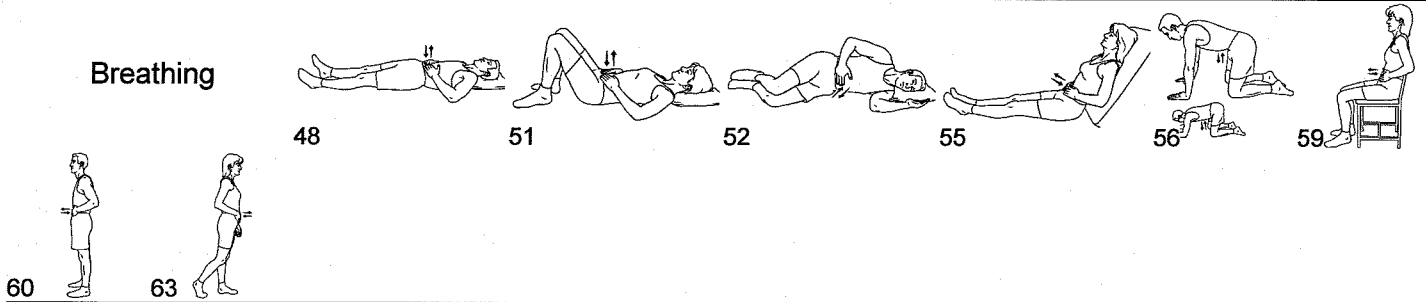


Incontinence and Pelvic Floor Kit

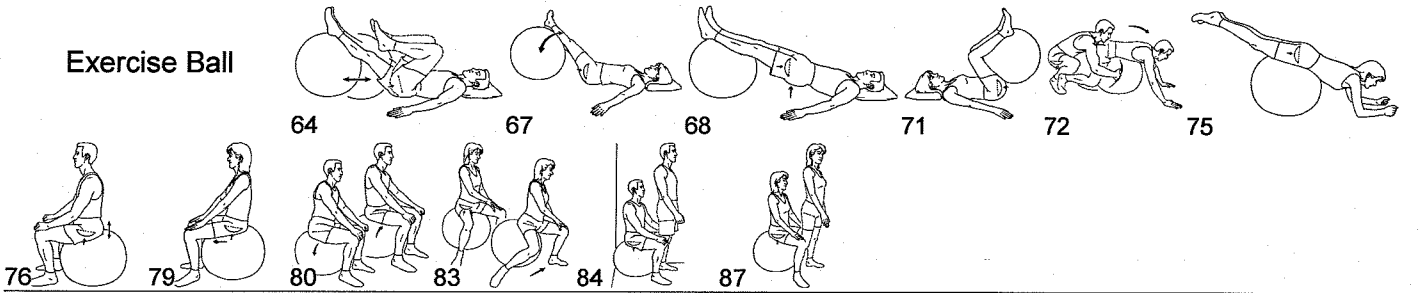
Muscle



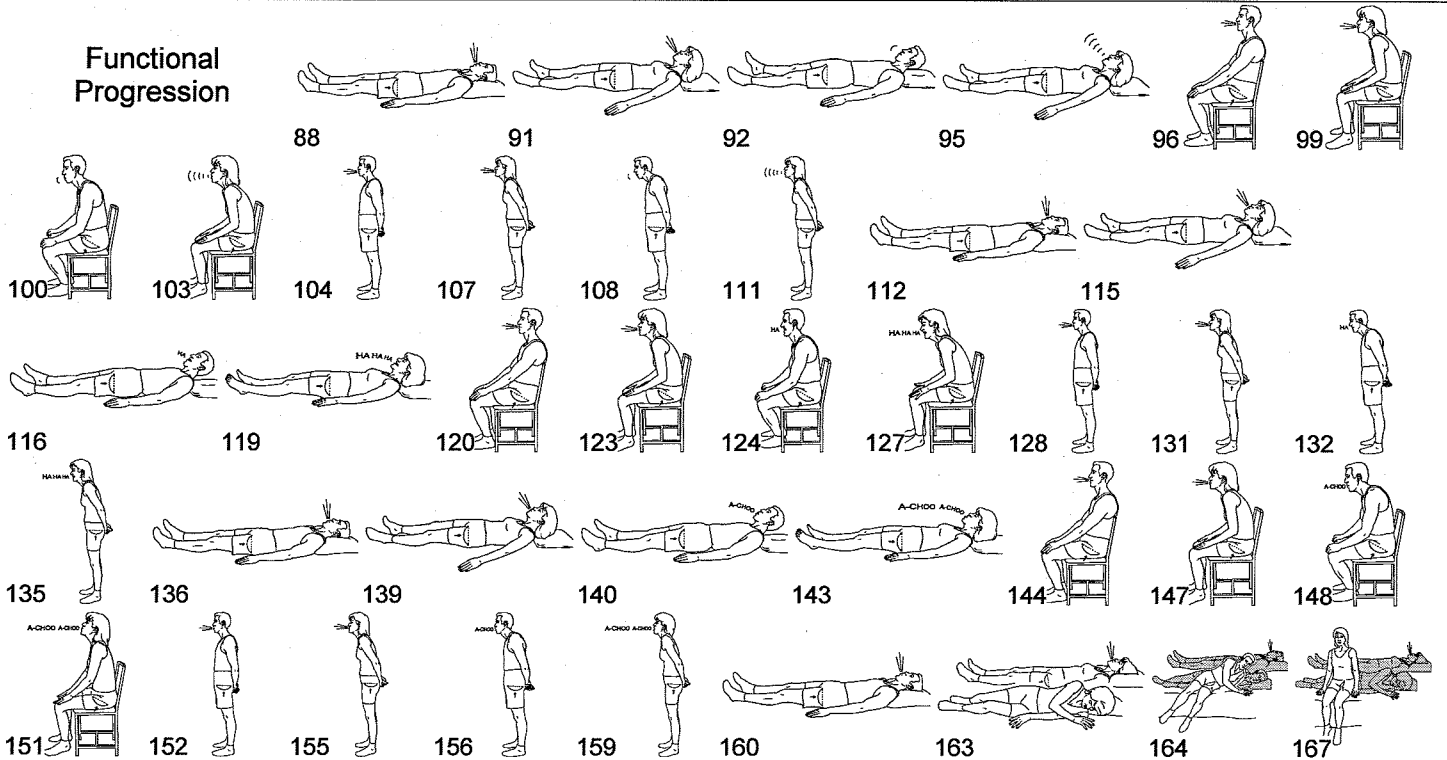
Breathing



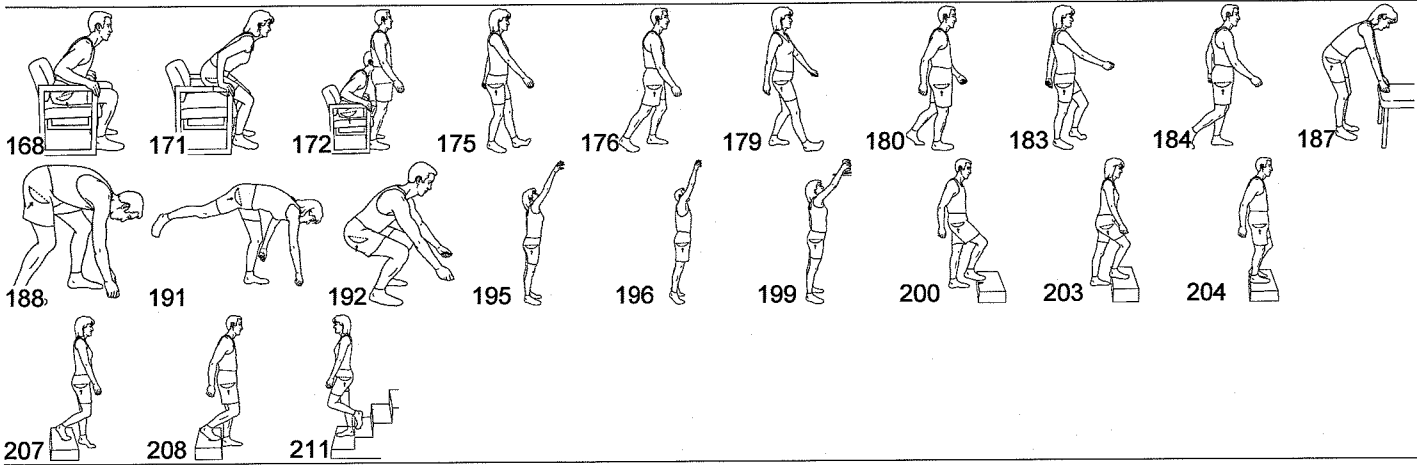
Exercise Ball



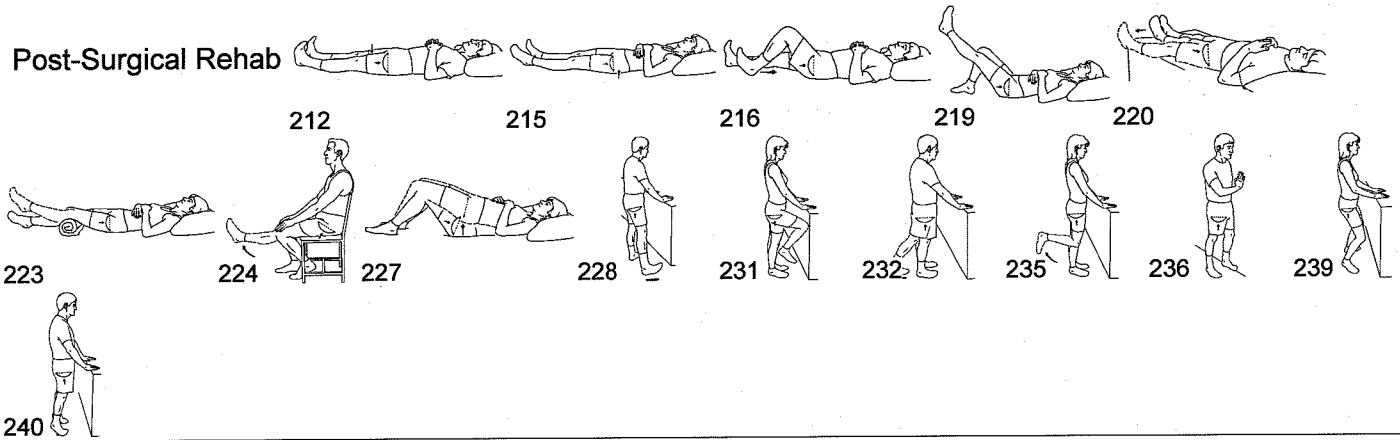
Functional Progression



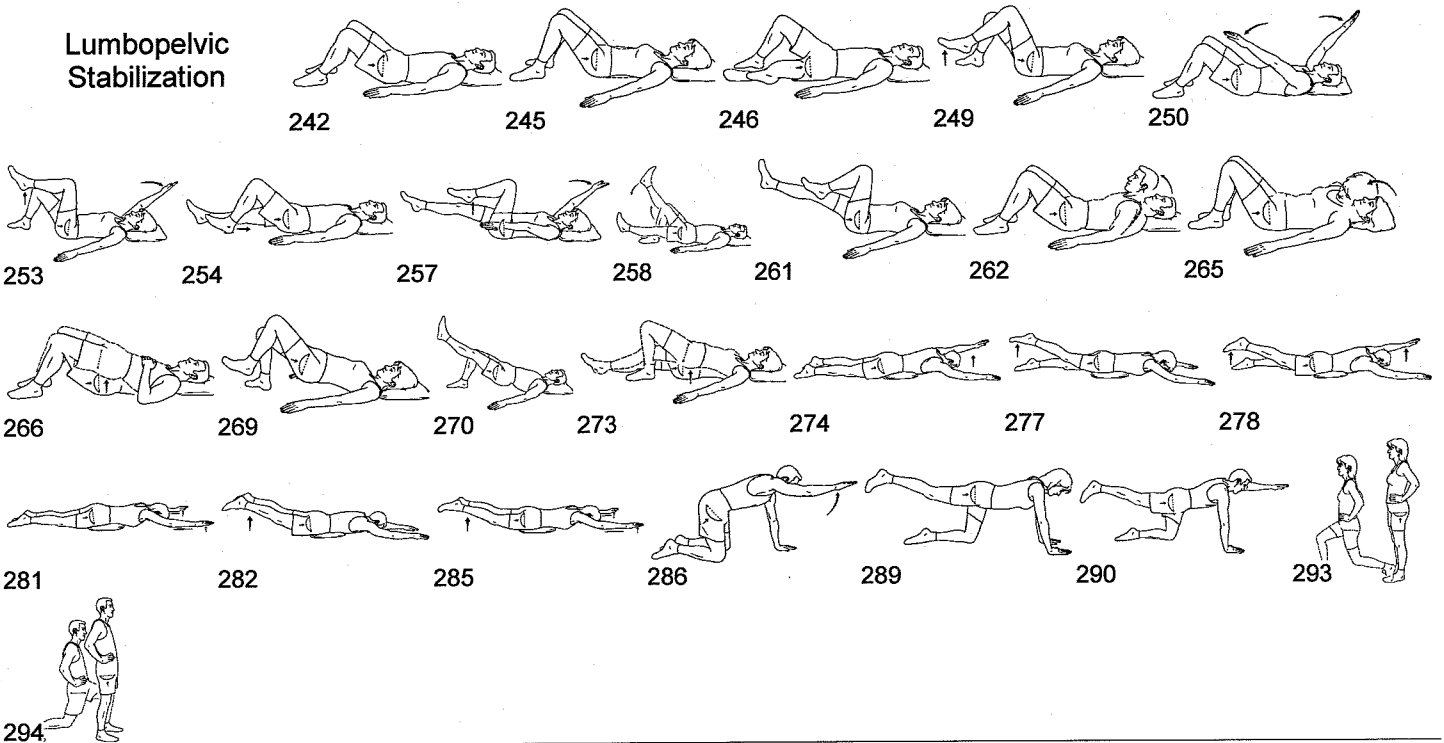
Incontinence and Pelvic Floor Kit



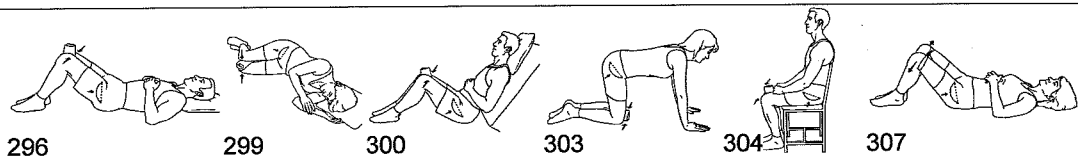
Post-Surgical Rehab



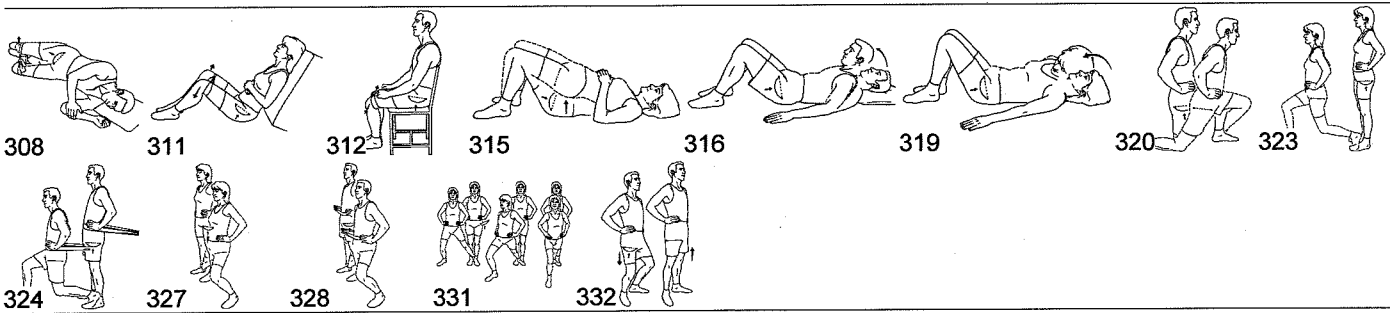
Lumbopelvic Stabilization



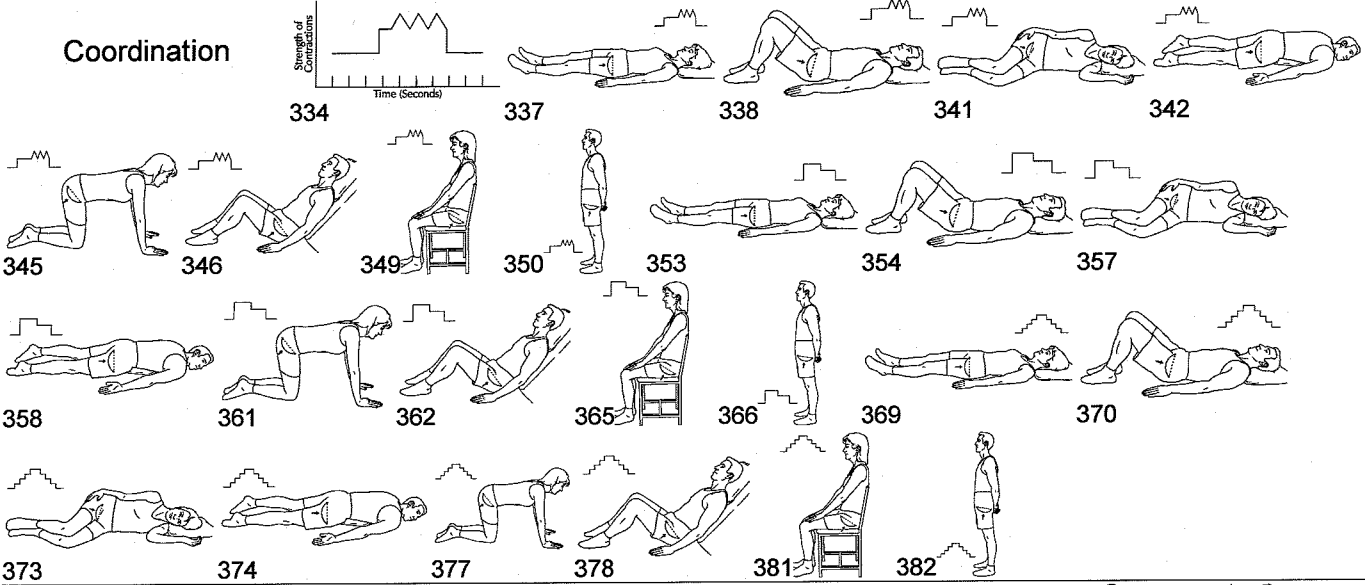
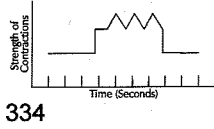
Co-Contraction



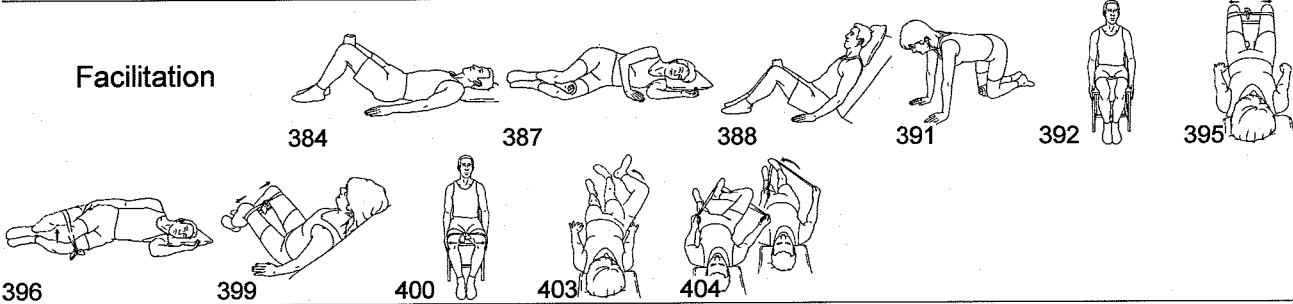
Incontinence and Pelvic Floor Kit



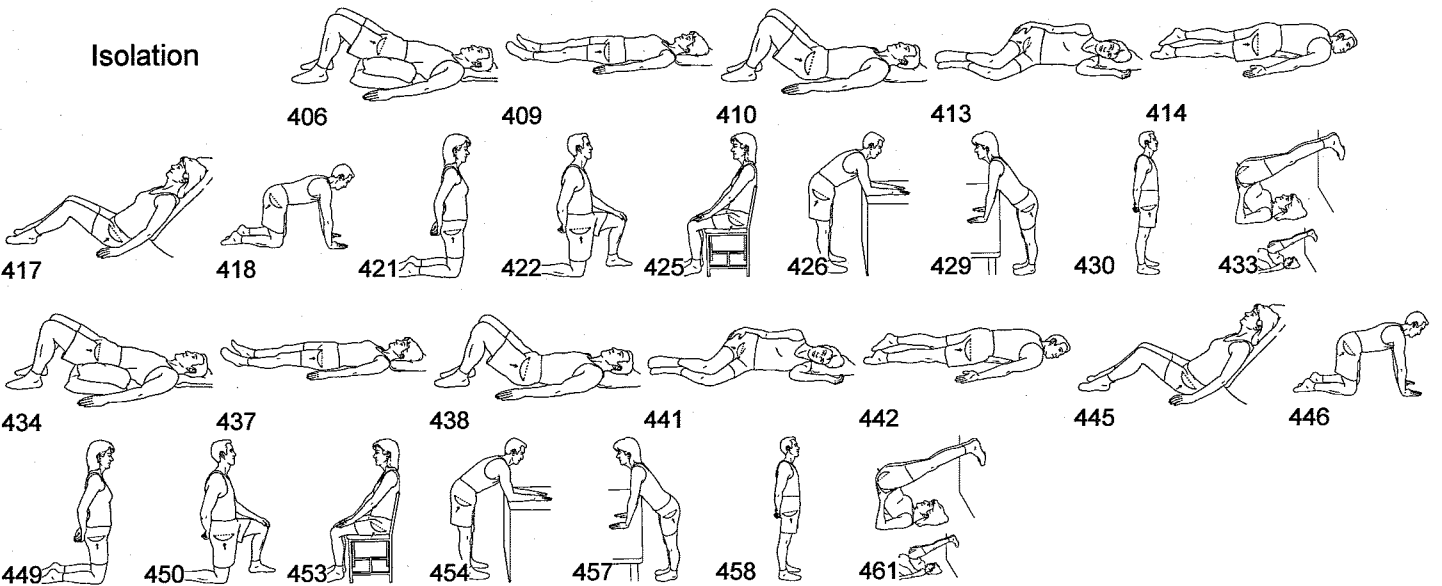
Coordination



Facilitation

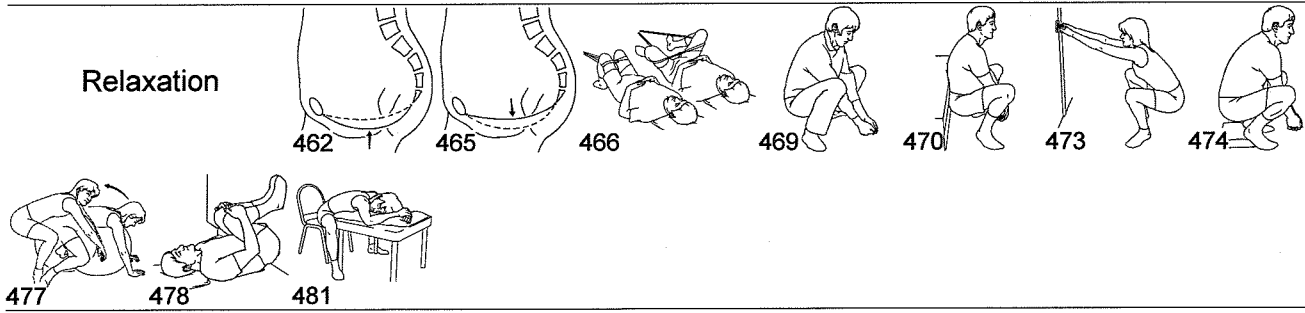


Isolation



Incontinence and Pelvic Floor Kit

Relaxation



Transverse Abdominals

