

# One-on-one sessions that focus on the whole person

I use a combination of hands-on treatment and exercise prescription. Telehealth sessions are observation and movement based. All sessions are 55-minutes long.

Initial Assessment | \$175

Subsequent Visit | \$175

Telehealth Initial Assessment | \$150

Telehealth Subsequent Visit | \$150

*Please note, we do not accept ICBC or WSBC claims.*



## About Me

I have been a physiotherapist since 2014 and most of my career has focused on pelvic health. I'm trained in a whole-body approach that I've enjoyed incorporating into my pelvic health focus, especially with chronic cases. I am trained to perform internal pelvic floor assessment and treatment, abdominal wall assessments, and acupuncture. My background is in fitness and kinesiology, and I continue to value exercise as an essential component of my treatment plans.

Please reach out if you have any questions about what I do and how I can help you:

**Call or text**  
250-667-6920

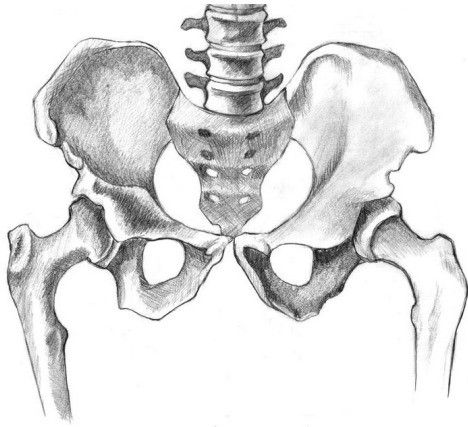
**Email**  
[jane@janebphysio.com](mailto:jane@janebphysio.com)

# Pelvic Health with a Whole-body Approach

Physiotherapy assessment, treatment, and exercise programming for:

- Incontinence
- Pelvic Organ Prolapse
- Sacroiliac Joint Pain
- Chronic Pelvic Pain
- Perinatal Health
- Abdominal and Core Function





## The Pelvic Girdle

Many muscles attach to the pelvic girdle. Some extend upwards to attach near the chest and shoulders. Others extend downwards to attach below the knee joint.

The spine and legs act on the pelvis as levers. Problems or previous injuries in our spine and legs can affect how our pelvis feels and works.

## Part of the Whole Body

The pelvis can be affected by different parts of the body. By addressing the whole body, we can treat chronic pelvic health issues that have not resolved with local, symptomatic treatment alone.

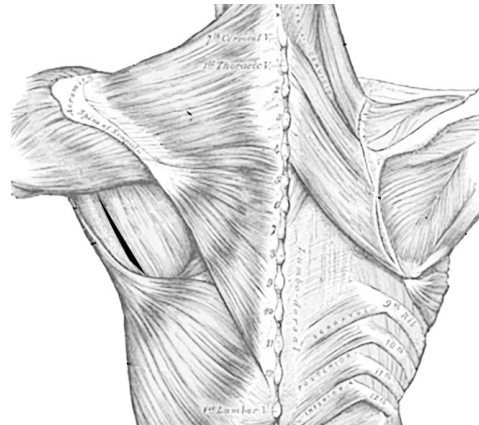
## Pelvic Floor

Our pelvic floor muscles work to support functions that are important to our quality of life:

- Contenance and elimination
- Sexual and reproductive functions
- Circulation
- Core Stability
- Pelvic Organ Support

## Part of the Whole Pelvis

The pelvic floor muscles only make up about one quarter of all the muscles attaching to the pelvis. By addressing the whole pelvis, we provide a better environment for the pelvic floor to function in.



*“I broke my tailbone during childbirth in 2017. I was in so much pain that I wasn’t able to care for my baby. My midwife suggested pelvic floor physio and Jane is AMAZING. My pain was noticeably better after each session.*

*She rehabilitated me enough that I decided to have another baby in 2019, after which my bladder prolapsed! I had moved by that time and I tried a physiotherapist who was closer to home but got little relief with treatment to the pelvic floor exclusively. I think what makes Jane’s approach so helpful is that she does whole-body physiotherapy and treats the issue from this perspective. It is amazing what some adjustments and exercises of other areas of the body can do for the healing of the pelvic floor!*

*I no longer need a pessary. My tailbone and my bladder are doing awesome. If she hadn’t helped me so much with my first injury, I would not have had my son.”*

– Kelly D, RN

## Contact Us

Jane B Physiotherapy  
502-1515 Dufferin Crescent  
Nanaimo, BC, V9S 5H6

250-667-6920  
jane@janebphysio.com

Book online:  
janebphysio.com