
PRICE LIST

2 0 2 5

STANDARD VISITS

Initial Evaluation: \$200

Follow Up Sessions: \$185

PACKAGES (INITIAL EVALUATION NOT INCLUDED)

6 Visit Package: \$1080 (\$180/session)

8 Visit Package: \$1400 (\$175/session)

10 Visit Package: \$1700 (\$170/session)

15 Visit Package: \$2520 (\$168/session)

20 Visit Package: \$3300 (\$165/session)

PAYMENT PLANS

Payment plans available upon request.

Packages are non-refundable. Packages expire 1 year from date of purchase.

PRICE LIST

BLACK FRIDAY 2025

STANDARD VISITS

Initial Evaluation: \$30 off

Use Code **c5yfAP55fW**

10 VISIT PACKAGE

- \$1575
- 15% off
- SAVINGS OF \$275
- 1.5 visits FREE!

20 VISIT PACKAGE

- \$3035
- 18% off
- SAVINGS OF \$665
- 3.5 visits FREE!

8 VISIT PACKAGE

- \$1335
- 10% off
- SAVINGS OF \$145

15 VISIT PACKAGE

- \$2360
- 15% off
- SAVINGS OF \$415
- 2.5 visits FREE!

6 VISIT PACKAGE

- \$1010
- 10% off
- SAVINGS OF \$100

PRICE LIST

2 0 2 5

THE PUSH PREP PACKAGE- \$1080

Includes 6 visits throughout pregnancy. Typically visits scheduled at 12 weeks, 20 weeks, 28 weeks, 34 weeks, 36 weeks, 38 weeks | *can be adjusted per patient need.

- Program focuses on pelvic floor activation, relaxation, mobility, movement support and modification first half of pregnancy
- Second half of pregnancy focuses on push prep and postpartum recovery preparation. Program can be altered per patient needs and requests

PRICE LIST

2025

THE TOTAL DELIVERY PACKAGE- \$1400

Includes 8 visits throughout pregnancy and postpartum. Typically visits scheduled at 20 weeks, 28 weeks, 34 weeks, 36-38 weeks; postpartum at 4-6 weeks, and at intervals per patient need | *can be adjusted per patient need.

-Program focuses on pelvic floor activation, relaxation, mobility, movement support and modification first half of pregnancy, addressing pain, discomfort, round ligament, pubic bone pain, SIJ pain, etc.

-Second half of pregnancy focuses on push prep and postpartum recovery preparation. Program can be altered per patient needs and requests.

-Postpartum focus on recovery and return to activity

PRICE LIST

2025

THE STRONG FOUNDATION PACKAGE- \$1080

Includes 6 visits to address any of the following concerns or diagnoses:

- Urinary or fecal incontinence
- Pelvic organ prolapse (bladder, bowel, rectum)
- Diastasis rectus abdominus
- Core or pelvic floor weakness
- Return to exercise

Program tailored to specific concerns or needs and assessed during initial assessment. Typically seen for 1 visit x 4 weeks, and then every 2 weeks thereafter.

PRICE LIST

2025

HEAL PELVIC PAIN PACKAGE- \$1700

Includes 10 visits to address any of the following concerns or diagnoses:

- Vaginismus
- Painful sex
- Pain with insertion (tampon, etc)
- Tailbone pain
- Pubic symphysis pain
- SIJ/hip/lowback pain
- Painful urination
- Chronic UTI symptoms
- Endometriosis/adenomyosis

Program tailored to specific concerns or needs and assessed during initial assessment. Typically seen for 1 visit x 6-8 weeks, and then every 2-4 weeks thereafter.

PRICE LIST

2 0 2 5

THE BETTER BOWEL PACKAGE- \$1080

Includes 6 visits to address any of the following concerns or diagnoses:

- Fecal incontinence
- Constipation
- Chronic hemorrhoids
- Anal fissures
- Gut dysfunction
- Bowel urgency/frequency

Program tailored to specific concerns or needs and assessed during initial assessment. Typically seen for 1 visit x 4 weeks, and then every 2 weeks thereafter.