



PELVIC FLOOR SCREENING TOOL

- Do you urinate more than 5-8 times/day?
- Do you experience ANY urine leakage (ex. cough, sneeze, jump, exercise)?
- Do you have any difficulty with emptying your bladder or bowels fully?
- Do you experience strong and/or uncontrollable urges to go to the bathroom?
- Do you ever experience pain with sexual intercourse?
- Do you have pelvic pain and/or a pressure sensation vaginally?
- Are you pregnant or have you had a baby?
- Did you have any perineal tearing or an episiotomy during your delivery?
- Have you had a c-section or abdominal surgery?

IF YOU ANSWERED YES TO ANY OF THE ABOVE QUESTIONS, YOUR PELVIC FLOOR COULD BE IMPLICATED IN YOUR CONDITION AND THERE IS A GOOD CHANCE WE CAN HELP.

613-720-1788
info@hwphysio.ca





GET TO KNOW YOUR PELVIC FLOOR

HAVE QUESTIONS? WE CAN HELP!

[BOOK A FREE CONSULTATION](#)

INFO@HWPHYSIO.CA



SOPHIE DROUIN

PELVIC FLOOR PHYSIOTHERAPIST

Sophie graduated from the University of Ottawa with a Master of Health Science in Physiotherapy. Since graduating, she has been practicing in a private clinic with a focus on orthopedics and pelvic health. She utilizes an evidence-based approach to her practice and believes every patient should be at the center of their rehabilitation to feel empowered during their recovery.

Sophie is passionate about pelvic health, and she loves educating everyone on the part of their body that they know little about. Sophie believes in creating a safe space to have an open dialogue and navigate the sensitive topics that can arise through pelvic health issues. Sophie will answer your questions and guide you in setting individualized goals to help you return to what you love, pain free.

Sophie is bilingual and offers her services in French and English.



JULIE LARABIE

PELVIC FLOOR PHYSIOTHERAPIST

Julie is a compassionate, attentive and energetic physiotherapist with a special interest in women's health and Pelvic Floor rehabilitation. She is passionate about empowering patients by giving them the tools they need to understand their injuries as well as what to do to return to their active lifestyle.

Over the years, Julie has developed experience in both private clinics and with the military population, treating a variety of different musculoskeletal conditions. After having a daughter of her own, Julie developed a passion in helping other women overcome challenges and helping mothers across their pre and post-partum journey. Fostering a calm and safe environment by listening and encouraging consistent communication, Julie looks at the whole person and tries to understand the different aspects in someone's life / body that can be contributing to their symptoms.

Julie is bilingual and offers her services in French and English.



ISABELLE BOURGET

PELVIC FLOOR PHYSIOTHERAPIST

Isabelle completed a Bachelor in Science (BSc) of Human Kinetics, followed by a Master of Health Sciences (MHSc) in Physiotherapy, both at the University of Ottawa. During her schooling, she was fortunate to have shadowed and learned from other pelvic health physiotherapist and immediately found an interest in this field. After graduating, she completed postgraduate pelvic health courses to further develop her knowledge and skills in this area.

Growing up, being active was always an important part of life and she knew she wanted a career that reflected this value. Prior to becoming a physiotherapist, she worked with the University of Ottawa's women varsity soccer team as a student trainer as well as a strength and conditioning intern. It was during this time, Isabelle discovered her passion for helping individuals get back to the activities they enjoy whether that's a sport, gardening, walking, or their activities of daily living.

Isabelle provides her services in English and French