



GrowCo Postpartum Rehabilitation with Dr. Brittlyn Bos

Initial Assessment and 8 active rehab sessions

Rehab includes breath work, postural conditioning, core/pelvic floor/glute work

Education for returning to your favourite workouts & hobbies

Progressive & individualized rehab assessments

A community of mommas working towards same goals

Our program is led by our Chiropractor, Dr. Brittlyn Bos, who has taken the **GrowCo Health Professional Postpartum Rehabilitation Program**. The goal of this program is to bridge the gap for postpartum women by providing a postnatal assessment and establishing an individualized rehab program targeting core, pelvic floor and total body.

Postpartum rehab can help with:

- Diastasis recti
- Incontinence
- Pelvic organ prolapse
- Pelvic pain
- Low back pain

We make taking care of you and healing your pelvic floor a priority!

To learn more, book a consult by calling
(705) 424-7135.



Location: 199 Mill Street, Angus
For more information, please visit our website www.sportsmedicine.on.ca