

Provision of Continence Care in Alberta

Name of Clinic/service provider providing continence services	Type of Clinic	Types of Patients seen	Services offered	Location	Contact details of service provider/clinic	Method of gaining access (How accessible is the information regarding the services for patients)	Referral Needed Y/N, if so from whom?	What is your personal knowledge of other providers offering continence services?	Services Charges if any
Glenrose Continence Clinic	Physician/ Nurse Practitioner	Adult Patients with bladder and bowel incontinence symptoms. Predominantly older adults, persons with neurological conditions. We also see women of a variety of ages with continence and prolapse	Assessment and management of bladder and bowel symptoms	Edmonton	Dr. Adrian Wagg , Kathleen Hunter, Dr. William Gibson, Dr. Jean Triscott Phone:780-735-8880 Fax:780-735-8821 Email:glenrose.continence@albertahealthservices.ca Address: 10230 111 Avenue NW Edmonton, Alberta T5G 0B7	On AHS website; Clinic physicians (geriatricians) provide information at their outreach activities in seniors centres.	Yes; self referral or referral from healthcare professional	Dr. Jane Schulz- Royal Alexandra Hospital Urogynecology Clinic; Address: 10240 Kingsway Avenue Edmonton, Alberta T5H 3V9 Telephone 780-735-5290 Name of the contact person: Mary Wood Pelvic Floor Physical Therapist Phone Number : Email: Address: CURA Physical Therapy Services 17032 90 Ave NW, Edmonton, AB T5T 1L6 Website: http://www.curaphysicaltherapies.com/ Name of the contact person: Grace Neustaeder RN MN Clinical Nurse Specialist	Service covered by AHS but some services (pessaries) patients need to pay out of pocket.
Urogynecology Wellness Centre	Medical/Nursing/Physiotherapy	Urogynecology-Prolapse, incontinence, postpartum, bladder and bowel dysfunction	NCA- pessaries, conservative management, urogynecology consultation, surgery and physio for urogynecology, diet review.	Edmonton	Service Providers: Dr. Momoe Hyakutake Dr. Cathy Flood Dr. Jane Schulz Dr. Annick Poirier Dr. Erin Kelly Dr. May Sanae Christine Houle Cherisse Browne Phone: 780-735-5290 Address: 10240 Kingsway Avenue Edmonton, Alberta T5H 3V9	Referral by Physician	Yes	No	Pessary, insurance forms most services covered by AHS.
Pediatric Urology Clinic	Pediatric Urology , Voiding dysfunction	Children under 18 with any urological problem; incontinence, UTI, voiding dysfunction, urgency/frequency	Clinic (MD, NP, RN), uroflow, bladder, bladder scan, urodynamics, biofeedback, CIC and teaching	Edmonton	Dr. Peter Metcalfe, Dr. Darcie Kiddo, Betty Ann Thibodeau- Name of the contact person: Phone Number : Peter Metcalfe Email: pmetcalf@ualberta.ca	Fax Referral	Yes from physician or nurse practitioner	No	None

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Geriatric Outpatient Clinic; Misericordia Community Hospital - Cheryl Sadowski	Geriatric assessment	Seniors	Geriatric assessment, interprofessional comprehensive geriatric assessment	Edmonton	Name of the contact person: Alexandra Marin Phone Number : 780-735-2609 Email: Alexandra.Marin@albertahealthservices.ca Address: 16940 87 Avenue, Edmonton, Alberta, T5R 4H5 Website: https://www.albertahealthservices.ca/info/facility.aspx?id=7820&service=1017355	Geriatric patients require a referral from family physician	Yes from primary care physician	Northern Alberta Continence Services	Geriatric assessment is covered by Alberta Health
Northern Alberta Continence services	Nurse Provider only	Female	Conservative management, assessment, pessary fitting	Edmonton	Phone: 780-735-2670 Address: Mother Rosalie Building 16930 87 Avenue Edmonton, Alberta T5R 4H5	Referral	Yes from Physician or Nurse practitioner	None	If Pessary is required, pessary is paid at clinic visit when fitting is completed.
Lesley Charles	Geriatric OPD	Geriatric syndromes	Comprehensive Geriatric Assessment and Management.	Edmonton	Name: Grey Nuns Community Hospital Phone: 780.735.7000 1100 Youville Drive West (3015 62 Street NW) Edmonton AB T6L 5X8	Via Referral	Yes from primary care physician	None	N/A
NAUC	Medical	Male and Female UTI	Medical and Surgical	Edmonton	Dr. Blair St. Martin, Dr. Gary Gray, Dr. Joel Labosierre Phone:780-407-5800 Address: 11400 University Avenue Edmonton, Alberta T6G 1Z1	NAUC website and CPSA	Yes-primary care MD referral	No	None
Dr. Peter Frans Kruger	Medical	Pelvic organ prolapse and stress urinary incontinence	Surgical management	Edmonton	Phone Number :780-421-4728 Fax: 780-426-6698 Address: Hys Centre, #604, 11010 101 Street, Edmonton, AB T5H 4B9 Website: www.krugerobgyn.com	Very easy to use the website	Yes from Physician or Nurse Practitioner	Royal Alexander Lois Hole Hospital for Woman Urogynecology Clinic	Yes
Darryl Rolfson	Medical for specialized Geriatric Assesment	Older adults living with cognitive impairment, frailty and complexity.	Comprehensive Geriatric Assessment with recommendations to primary care physicians	Edmonton	Phone: 780-401-2665 Address: Seniors' Clinic 11400 University Avenue Edmonton, Alberta T6G 1Z1	Referrals received from physicians using the above method.	Yes	Continence Clinic Adrian Wagg	None

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Dr. Sam Azer- Care Plus Clinic, United Health Centre and Miza Health Centre	Medical	Female incontinence and prolapse	Pessary	Edmonton	Name of the contact person: Lani Phone Number : 780-612-6992 Address: 5905 50 Street Leduc AB T9E 6S7 Address: 7609 109 Street NW Edmonton T6J 1C3 Email: samazer@shaw.ca Name: Sam Azer Email. samazer@shaw.ca Website: unitedhealthcentre.com Address: 104 11910-111 Avenue Edmonton, Ab T5G 3G6 Email: samazer@shaw.ca Phone: 780-454-0351 Website: Linksmmedical.com	No, none	Referral accepted but not needed	No, none	Pessary price \$100
CURA Physical Therapies- Traci Belyk, Elizabeth Cyrankiewicz, Sonja De Milliano, Nadia Keshwani, Calista Naismith, Linda Quinn, Sheena Worton, Mary Wood	Physiotherapy	Women men (children), incontinence, bladder and bowel, bladder dysfunction, pelvic pain, sexual pain, bowel dysfunction	Education sessions, Manual therapy, Pelvic floor muscle training, ultrasound biofeedback, estim, acupuncture, Group exercise programs for pelvic health	Edmonton	Name of the contact person: Mary Wood Phone Number :780-443-4473 Email:patients@curaphysicaltherapies.com Address: 17032 90 Ave NW, Edmonton, AB T5T 1L6 Website: www.curaphysicaltherapies.com	Phone and website	No	Yes	Small amount of funding thru AHS incontinence program at this time. EHB will cover physiotherapy contact clinic for fees.
Corona Station Physical Therapy-Chantal Pinset	Physiotherapy	Women's Health, pelvic health, ortho, MVA, chronic pain sports injury, TMJ	Physiotherapy (acupuncture, dry needling, running assessment) Massage	Edmonton	Name of the contact person: Chantal Pinset Phone Number : 780-424-4804 Email: chantal@coronaphysio.com Address: Suite 101 10055-106 St Website: http://www.coronaphysio.net/	Phone, website	No	None	Will direct bill with most insurance companies

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Innovation Physical Therapy-West Henday	Physiotherapy	Post-partum Women, middle aged women and seniors	Incontinence Management, prelvic organ prolapse management and management of pelvic pain	Edmonton and Spruce Grove	Name of the contact person: Anthony Yong Phone Number:587-873-8808 Email: info@innovationphysio.com Address(1):876 Webber Greens Drive, NW Edmonton AB T5T 4K5 Website: https://innovationphysio.com/location/west-henday/ Address(2): 7 McLeod Ave, 108 Spruce Grove AB T7X 4B8 780-571-1100 info@revolutionphysio.ca	Handouts	No- self referral is accepted.	No	Pelvic Assessment: \$150 and Pelvic follow up \$100
Milllbourne Sports Plus Physiotherapy-Evelyn Etruw	Physiotherapy	General population with symptoms related to pelvic and pelvic muscle dysfunction(male and female)	Stress Urinary incontinence, Urge Urinary incontinence, Vaginismus, General Pelvic Floor Weakness, Vulvodynia, Vestibulodynia, Fecal Incontinence, Coccx Pain, Pre/Post- Natal Rehabilitation, Diastasis Recti	Edmonton	Name of the contact: Evelyn Etruw Phone Number :7804693540 Email: mbphysio@telus.net Address: 158, 7609 38 Ave NW Edmonton, AB T6K 3L6 Website: http://www.millwoodsphysicaltherapy.com/millbourne.html	Phone, website, through family physician	No	Dr. Gross, Phone Number: 780-705-9944	Extended health coverage, or private pay
Acadia Physical Therapy	Physiotherapy	Adults and geriatric, children are also seen for this but not continence assessment/treatment	Physiotherapy, pelvic health physiotherapy, IMS, Acupuncture, psychology, massage, vestibular rehab, TMJ	Edmonton	Name of the contact: Filipa Da Cruz Godinho Phone Number: 780-473-1861 Email: service@acadiapt.com Address: 200-12781, 50 Street, Edmonton, AB T5A 4L8 Email: www: acadiapt.com	Direct Access	No	Alberta College of Physiotherapists	Assessment: \$150 Treatment: \$85. Patients will pay privately and health benefits can be used and will be charged as physiotherapy.

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Symphony Rehab	Physiotherapy	Pelvic Health and Orthopedic	Acupuncture, Manual Therapy, Exercise for Incontinence, Frequency, Urgency Retention	Edmonton	Name of the contact person: Keeley Smith Cell Ph:780-887-6206 Clinic Ph: 250-741-0141 Email: keeley@symphony-rehab.com Address: Symphony Rehabilitation Evolve Gym South 4825 89St T6E5K1 Edmonton, AB Website: www.symphony-rehab.com	Online booking with fees displayed for appointments for direct in person access. Free consult call in regards to questions and assessment Website and front desk administration "Skype" style services allow access from home for assessment, education and exercise programming.	No referral needed. For benefit coverage and direct billing some individual plans require a doctor's referral to allow coverage.	Yes, Urogynecology Clinic at the Royal Alex, CURA and other private clinics. List of other Pelvic PTs can be provided to patients if I can't help them or see them in my schedule.	\$150/ 1 hr assessment \$85/ 30 minutes Direct Billing available
Nuture Her Inc.	Physiotherapy	Women for all ages	Physiotherapy for: incontinence (all types), urinary urgency/frequency/OAB, pelvic organ prolapse, urinary retention, pelvic pain, low back pain, diastasis recti, birth preparation, pain in pregnancy, perineal tearing/injury rehab, postpartum recovery, post surgical rehab	Edmonton	Name of the contact person: Mandy Rempfer-Kuncio (owner and PT) Phone Number :780-278-2004 (main appointment booking number is 780-680-6944 Email: info@nurtureher.ca Address: Lucina Centre 5905 163 Street Edmonton, AB T5P 3M6 Website: http://nurtureher.ca/	Website, email, phone.	No referral needed	Alberta College of Physiotherapists	Assesment: \$165 for 1 hour, Follow up treatment: \$90 for 30 minutes. No AHS coverage, Patients must pay at their visit and can then submit receipts to any extended health care benefits they may have.
Propel Sports Physiotherapy clinic	Physiotherapy	MVA, WCB, Orthopedic, Women's Health.	Physical Therapy Pre/Post Natal Pelvic Care Massage Therapy IMS/Functional Dry Needling Functional Movement Screens One on One Coaching Group Classes Small Group Training Performance Coaching Team Training	Edmonton	Name of the contact person: Paramjit Kaur and Erica Vargas Phone Number :780-680-5964, 780-989-8802 Email: info@propelportsphysio.com pkaur@ualberta.ca, param.propelphysio@gmail.com Address: 4242 99 street, Edmonton Website: Propel Physiotherapy	Website, phone, email.	No referral needed	Name :Naima Ali Phone number:780-999-5015 Email: Address:Momentum Sports and Spine Physiotherapy Clinic	Assesment: \$150 and Treatment: \$121

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Parkinson and Movement Disorders Clinic- Dr. Jennifer McCombe and Dr. Naheed Rajabali	Medical and multidisciplinary	MS, Parkinson's Disease, cognitive impairment	Management of movement disorders (Parkinson's/isms, Huntingtons, Dystonias, other rare movement disorders) Management of Classically labelled Geriatric Medicine issues (e.g., "geriatric giants", cognitive assessment, etc) Management Internal Medicine related issues (Diabetes, Hypertension, Atrial Fibrillation, Heart Failure, COPD etc) Rehabilitation assessment The clinic: Neurology services Psychiatry Occupational therapy Physiotherapy Social worker Dietician	Edmonton	Name: Dr. Jennifer McCombe and Dr. Naheed Rajabali Phone: 780-248-1166 Address: 11400 University Avenue Edmonton, Alberta T6G 1Z1 Website: http://www.movementdisorders.ualberta.ca/	Through clinic visits	Yes from other doctors	Glenrose Continence Clinic, Misericordia Hospital Continence Clinic, Cura Physical therapies	None
Bounce Back Physical Therapy- Jill Palmer	Pelvic Physiotherapy	Women	Pelvic Physiotherapy	Edmonton	Name of the contact person: Jillian Palmer Phone Number : 870-686-1414 Email: jill@bouncebackphysio.ca Address: 3010-106 st NW, Edmonton Alberta, T6G 5M5 Website: www.bouncebakphysio.ca	Information can be easily accessed online	No referral needed	None	Initial assessment: \$165, follow ups \$90 Initial assessment: \$165, follow ups \$90 - covered under extended health coverage for Physiotherapy

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Innovation Physiotherapy or Therapy2U Mobile Physiotherapy	Physiotherapy and Mobile Physiotherapy	All ages and gender	Pelvic health physiotherapy relating to pelvic health incontinence (urinary/fecal), overactive bladder, prolapse, post surgical female/male, pregnancy, diastasis recti	Edmonton	Innovation: Name of the contact person: Owner of clinic- Anthony Yong Phone Number : 587-524-8200 Email: tony@innovationphysio.com Address: 15823 97 Street NW #209, Edmonton, AB T5X 0C7 Website: www.innovationphysio.com Therapy2U Mobile Name of the contact person: Melissa Voll Phone Number : 780-708-2470 Email: info@therapy2u.ca Address: 122 Castle Drive, Edmonton, AB, T5X 6J1 Website: www.therapy2u.ca	Information available on website or by Information available on website or by calling or emailing.	No referral needed.	No	Not funded through AHS at this time.
Physiotherapy Clinic- Margaret ("Maggie") Reichel	Physiotherapy and massage	Specific for pelvic/women's health: bladder incontinence, pre and post surgical, peri and post-partum, bowel dysfunction, pelvic floor muscle weakness. General population: athletes, post-surgical, orthopedic, musculoskeletal injuries, workers compensation, motor vehicle accidents, geriatric, vestibular dysfunction.	Pelvic/women's health, vestibular rehabilitation, IMS, dry needling, acupuncture, orthotics, healthy athlete screening, shockwave therapy.	Edmonton	Name of the contact person: Joanna (office manager) or Maggie (physiotherapist) Phone Number 780-438-4515 Email: admin@pleasantviewphysio.ca Address: 11044 51 Ave NW #310, Edmonton, AB T6H 5B4 Website: https://www.pleasantviewphysio.ca	Doctor referrals, website, word of mouth, networking partners (chiropractors, massage therapists, athletic team coaches)	Referral is not needed.	T Name: Sarah Jane (Kalinocka) Conrad, PT Phone number: (780) 680-6944 Email: Address: Nurture Her physiotherapy- 9505 163 St NW, Edmonton, AB T5P 3M6 Website: nurtureher.ca/ Name: Dianna MacDonald, PT Lois Hole Hospital for Women (Royal Alexandra Hospital) Ground level, Robbins Pavilion Address 10240 Kingsway Avenue Edmonton, Alberta T5H 3V9 Telephone 780-735-5290 Name: Evelyn St Jules, PT	AHS, WCB, MVA funded for general population. Privately only for pelvic/women's health, dry needling, vestibular. Most insurances will provide partial or total coverage of private assessment and treatment(s). Initial women's health assessment cost is \$150 (1hour) and subsequent treatment sessions are \$95 (30min).

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Revive Spine and Sport Physiotherapy Clinic- Pooja Krishnan, PT	Physiotherapy	We offer specialized treatment to both men and women for: Urinary & fecal incontinence. Pelvic organ prolapse. Pelvic pain. Post pelvic surgery. Over active bladder. Sexual pain. Post Prostatectomy problems. Pregnancy and post-partum pain and incontinence. Endometriosis, Pudental neuralgia. Painful bladder syndrome (IC) Levator ani syndrome. Coccydynia	Education. Manual therapy. Biofeedback. Hypopressive exercises. Electrical Muscle stimulation. Bladder and bowel routine tracking. Treatments to alleviate pain. Acupuncture/Dry needling. Therapeutic exercises. Shock wave therapy. Our clinic offers Physiotherapy and Massage services.	Edmonton	Name of the contact person: Pooja Krishnan Phone Number: 780-705-0044 Fax Number: 780-758-0055 Address: 12832 167 Ave Edmonton T6V1J6 Email: revivept.albany@gmail.com Website: www.revivept.ca	Phone, brochures and website. In the process of updating information on website, however if patients call in to the clinic the staff are very informed and able to help.	No referral needed. Some insurance companies may require Physician referral for reimbursement purposes	None	Initial assessment - \$125.00 Follow up - \$85.00. We provide direct billing for all major extended health benefits if their coverage allows.
PhysioMira Physiotherapy	Physiotherapy	All ages, orthopedics, pelvic health	Physiotherapy	Edmonton	Name of the contact person: Mira Jindani Phone Number : 780-306-0808 ext 1 Email:mira@physiomira.com Address: 8130 82 ave Website:www.physiomira.com	Very accessible- can book online and find further info on website	Direct access- no referral needed	Name: Bounce Back physical therapy is a clinic a coordinate with for patient care	Physiotherapy coverage can be utilized. Physiotherapy coverage can be utilized. Assessment \$160, treatments \$95
Thrive Therapy Clinic- Natalie Barraclough	Physiotherapy	Stress Urinary & Fecal Incontinence Urinary Urge Incontinence Post-operative bladder repairs	Pelvic Floor Physiotherapy	Edmonton	Name of the contact person: Natalie Phone Number : 780-433-5346 Email: info@thrivetherapyclinic.com Address: #111, 2841 109 St NW, Edmonton, AB, T6J 6B7 Website: thrivetherapyclinic.com	Website	No referral needed	On Pelvic Floor physiotherpists list	No AHC coverage Most third party insurance carriers cover at least a portion of physiotherapy costs

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CBI Health Group-Damion Martin	Physiotherapy	Acute injury management	Manual therapy Modalities Exercises therapy Vestibular rehab Acupuncture	Edmonton	Name of the contact person: Damion Martin Phone Number :780 669 4855 Email: damionmartin@cbi.ca Address: 10141 50 Street NW Website: https://www.cbi.ca/web/physiotherapy-edmonton-50th-north-west?utm_source=Google&utm_medium=lpm&utm_campaign=CBIWe	Website and phone.	No	Name: Mary Wood (Cura Physiotherapy) Phone number: (780) 443-4473 Email: Address: 17032 90 Ave NW, Edmonton, AB T5T 1L6 Website: www.curaphysicaltherapies.com/	Assessment \$95 Treatment \$80
Resolve Physio and Wellness-Carolyn Leibel and Brooke Hanson	Physiotherapy	All ages women for incontinence, pelvic pain, pre and post natal training, etc	Education, biofeedback, manual therapy, functional dry needling, exercises	Edmonton	Name of the contact person: Carolyn Leibel Phone Number : 780-395-9170 Email: carolyn@resolvephysio.ca Address: #104- 1103 95 st, Edmonton AB T6X 0P8 Website: resolvephysio.ca	Website, a lot of patients are referred by doctors/gynecologists , word of mouth	No referral needed	Yes	Assessment = \$153 Treatment = \$85 Yes, it is considered regular physiotherapy and is billed as such, so if someone has insurance to cover physio treatment, women's health physio appointments will be covered.
CSA Physiotherapy on 51 st Ave-Carli Bennett	Physiotherapy	Male/Female Incontinence/Prolapse	Physiotherapy assessment/treatment of incontinence.	Edmonton	Name of the contact person: Speak with any receptionist to book in. Phone Number : 780-989-9789 Email: info51@csaphysio.ca Address: 10393 51 Ave NW Edmonton AB T6H 0K4 Website: https://csaphysio.ca/	Information is available on the website, or by phone	Referral not needed, unless patients insurance company requires referral for reimbursement	Name: CSA Physiotherapy at Grandin Plaza Phone number: 780-458-0255 Email: receptiong@csaphysio.ca Address: #508 Grandin Park Plaza 22 Sir Winston Churchill Avenue St. Albert, AB T8N 1B4 Website: https://csaphysio.ca/ Our sister clinic in St Albert also has a therapist offering continence services. I am aware of another clinic called 'Bounce Back' of 'Cura', and the Women's center at the Royal Alex.	Ax fee: \$110 Rx fee: \$95 We direct bill many insurance companies.

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Active Physio Works- Candace Mazur	Physiotherapy	Incontinence (stress, urgency, mixed), prolapse, pelvic pain, dyspareunia, vaginismus, vulvodynia, diastasis recti)	Pelvic floor physiotherapy for the above diagnoses + pre and post-natal care.	Edmonton and St. Albert	Name of the contact person: Candace Mazur Phone Number: 780-458-8505 Email: candace@activephysioworks.com Address: 400 Campbell Road #1502, St. Albert AB Magrath: #206, 14127 23 Ave NW Edmonton AB, T6R 0G4 Website: www.activephysioworks.com	Information regarding pelvic services are posted on our website. Patients can call and access information or contact Candace via email.	No referral needed.	None	Pelvic Assessment: \$135.00 Pelvic Treatment: \$95.00 Assessments and treatments are covered through extended health care if patients have physiotherapy coverage.
Lifemark Lake Beaumaris- Carmen Saporito	Physiotherapy	Female incontinence	Assessment and treatment of female incontinence	Edmonton	Name of the contact person: Carmen Saporito Phone Number :780- 456-3668 Email:carmen.saporito@Lifemark.ca Address:15379 Castledowns road Website:www.lifemark.ca	Website and Phone	No	None	Assessment: \$160 Treatment : \$100 Insurance coverage dependent on client's plan. Will direct bill if allowed by insurance company.
Hawkstone Physiotherapy- Sar Uretsky Leung	Physiotherapy	Musculoskeletal issues, vertigo, concussion, incontinence issues, bowel/bladder issues, custocels, rectocels.	Same as the types of patients seen including; Acupuncture, IMS, radialshockwave	Edmonton	Name of the contact person: Sari Uretsky Leung Phone Number :780-930-1331 Address: 206-18332 Lessard Rd. Edmonton AB, T6M 2W8 Website:www.hawkstonept.com	Website and Phone	No	Cura Physical Therapy and Misercordia Incontinence Clinic	Private insurance may cover physiotherapy services, each plan is different. AHS does not cover services.
Victoria Trail Physiotherapy/Maxx Physiotherapy	Physiotherapy	All age group of patients	Rehabilitation and physiotherapy	Edmonton/ Fort Saskatche wan	Name of the contact person: Pooja Gullaiya Phone Number: 587-778-2733 Address: 180,550 Clareview Road ,AB, T5A 4H2 Edmonton,AB/ #105,10101-86Ave Fort Saskatchewan,AB	Access is word of mouth	No referral needed	None	Treatment and Assessment is \$70

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Synergy Women's Wellness Clinic Synergy Women's Wellness Clinic Lesley Bellefeuille RN BScN NCA Dr. Kim Anderson Hill Dr. Ioana Solomon	Medical; Pelvic floor physiotherapy available in the building as well which we refer to.	Female patients with prolapse and incontinence. 3 day bladder diary mailed to new patients.	Conservative management of incontinence and prolapse; Assessment and treatment with conservative measures. Pessary fitting and follow up.	Sherwood	Name of the contact person: Jackie Phone Number :780-467-4343 Email: lesleyb@sherwoodparkpcn.com Address: 225 Synergy Wellness Centre 501 Bethel Drive Sherwood Park, Alberta, T8N 0N2	Referral from family doctor or specialist. Referral accepted from pelvic floor physiotherapist and Nurse Practitioner.	Yes from family doctor or specialist.	Urogynecology Clinic at the Royal Alexander Hospital and Northern Alberta Continence Clinic	No service charge. A charge of \$70 for each pessary taken home to recover cost of device.
True Balance Longevity INC- Dr. Roy Brown and Dr. Ashley Fyfe-Brown	Medical	Stresss and Urgency Incontinence	Laser Vaginal Rejuvenation and High Intensity Focused Electromagnetic Therapy	Sherwood Park	Name of the contact person: Korisa Phone Number :780-570-8019 Email: korisaemtruebalance.ca Address: 203-52 Sioux Road Sherwood Park, AB T8A 4X1 Website: mytruebalance.ca Address: 111, 20 Westwind Drive Spruce Grove T7X 0Y5	Wheelchair Accessible	No	No	No services charges for intial assessment. Laser and Electromagnetic therapy, patient pay.
pt Health Sherwood Park- Marianne Custodio Fox	Physiotherapy	All types of patients: general MSK, WCB, MVA, orthopedic, pelvic conditions Specific to pelvic patients we treat females with pre and post-partum issues, pelvic pain, urinary incontinence, pelvic organ prolapse, pelvic floor weakness, coccydynia, vulvodynia, vaginismus, and scar tissue; males with coccydynia and pelvic pain.	Physiotherapy, massage therapy, chiropractic, traditional acupuncture, dry needling, cupping, and exercise prescription	Sherwood Park	Name of the contact person: Marianne Custodio Fox Phone Number: 780-449-0544 (ext 2) Email: mcustodio@pthealth.ca Address: 209-501 Bethel Drive, Sherwood Park, T8H 0N2 Website: https://www.pthealth.ca/clinic/sherwood-park-physiotherapy/	Easily accessible via website or telephone	No referral required. However, patients may require referral from their primary care physicians if using private insurance for our services.	Yes- many of them on this list	Current Pelvic Fees (as of Sept 2018): Assessment \$150 Treatment \$90 Private insurance coverage varies from plan to plan. Pelvic physiotherapy services can be covered under general physiotherapy benefit allowances.
Impact Physio and Sports Clinic in Beaumont and Emerald Hills Physio and Sports Clinic in Sherwood Park	Physiotherapy	Pelvic floor dysfunction, bowel/bladder incontinence, pelvic organ prolapse, pelvic pain syndrome, musculoskeletal dysfunctions, chronic constipation, pre/post surgical pelvic floor care, pain during intercourse, pelvic floor/core weakness.	External and internal manual therapy, pelvic floor exercises, core strengthening, relaxation technique	Sherwood Park and Beaumont	Name of the contact person: Emily Phone Number :780-929-7272 Address: 104-6110 50 Street Beaumont AB, T4X 1T8 and 8005 Emerald Dr #826, Sherwood Park, Ab T8H 0P1	Website, phone and google.	No referral needed, call the clinic to book with Navdeep.	None	Assessment: \$150 and Treatment: \$ 110; usually covered under physio services.

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Lifestyles Allan Centre-Dr. Bruce Allan	Medical	Female 18 years and older	Initial assessment of urinary incontinence and discussion of options. Medical, surgical and non-surgical options are available at the clinic.	Calgary	Name of the contact person: Melissa Phone Number : 403-225-2141 Email:info@lifestylesallancentre.com Address: #385 – 11012 Macleod Trail SE Calgary, Alberta, T2J 6A5 Website: www.itsnotjustme.ca	Very accessible through website and email.	Self-referrals are accepted.	Name: Merle Morton, Canadian Continence Clinic (physiotherapy) Phone number:403-271-2550 Email: Address: #460 – 11012 Macleod Trail SE, Calgary, AB, T2J 6A5	Initial consult / assessment is covered by Alberta Health Care Insurance. Some services are covered by Alberta Health Care Insurance and other services are third party or private pay.
Pelvic Floor Clinic-Dr. Robert Magali, Grace Neustaedter NCA, Jana Lognon NCA	Multidisciplinary Ambulatory Urogynecology Outpatient	Females with pelvic floor dysfunction – bladder & bowel control issues and/or pelvic organ prolapse	Conservative, surgical, physiotherapy, cytoscopy, urodynamics, chronic pain.	Calgary	Name of the contact person: Mandy Hammer Phone Number : 403 944-400 (clinic #) Address: 1441 29 th Street NW Calgary North Tower/Women’s Health Centre (FMC site) Website: www.ahs.ca/services/calgarypelvicfloorclinic.aspx	By referral, website	Yes from physician or physiotherapists with referral privileges	None	No access charges; covered by Albert Health Care; cost for pessaries.
Pelvic Floor-Dr. Magnus Murphy	Pelvic Floor/Laser	Urogynecology; prolapse, incontinence, genital syndrome of menopause, vaginal laxity	Urogynecology, Laser gynecology/cosmetic laser, cosmetic gynecology surgery, pessaries, urodynamics	Calgary	Name of the contact person: B Spence Phone Number : 403-692-0440 Email: info@pelvicfloor.com Address: 218-1011 Gelnmore Trail SW Calgary, AB T2V 4R6	Very accessible; through website	Medicine- referral from primary care givers and laser/cosmetic; direct self-referral	None	Medical services covered with healthcare card and cosmetic services charged directly to patient.
VESIA- Vesia [Alberta Bladder Centre] Dr. Richard Baverstock Dr. Kevin Carlson Dr. Marcus Baverstock Dr. G. Coppola Dr. Jeanine Jensen Dr. Colin Birch	Medical by Referral only Physiotherapy (Yolanda Loo, Rumi Krzywicki and Safa Rahman) Nurses (Carmen MacDonald and Jill Briedel)	Male, Female, Neurogenic Bladder Prolapse, Incontinence	Consultation, Pessary Fitting, In and Out catheter teaching, Physiotherapy, Flow and Scan	Calgary	Phone Number : 403-943-8900 Address: 6600 – 7001 14 th St SW Calgary T2V 1P9 Website: vesia.ca	Consultation with MD is via referral by fax: 403-943-8979 Physiotherapy booking: 403-943-8900	YES for MDs (anyone with Prac ID) No for physio	None	We do not bill insurance companies. Pessary fittings, Catheter changes, physiotherapy are all billed to patients with an invoice that they can claim against insurance if they have. All MD visits are covered by Provincial health.

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Alana Devlin BMR PT CAFCI	A; Medical , B &C; Physiotherapy	Pre and post natal, all women's health issues, pelvic pain, issues with genitourinary symptoms of menopause, urinary incontinence, pelvic organ prolapse	Pelvic Floor/Health physical therapy	Calgary	Name of the contact person: Barb Phone Number : 403-692-0440 Address:218-1011 Glenmore Trail SW Calgary,AB T2V 4R6 Website:www.pelvicfloor.com Name of the contact person: Jen Phone Number :403-287-4179 Address:636 29 th Ave SW Calgary, AB T2S 0P1 Website:www.glencoe.org Name of the contact person: Sharron Phone Number : 403-288-8877 Address:185 Scenic Acres Drive NW Calgary AB T3L 1L4 Website:www.lifemark.ca	On line or feel free to call contact. Very Accessible	Referral not needed. Referral may be required for insurance purposes. Please check with insurance provider. Do not direct bill to insurance.	None	Initial assessment: \$160-\$170 Follow up:\$140-\$170
Richmond Physiotherapy- Aly Maclean	Physiotherapy	Women (during or after pregnancy, other women experiencing pelvic floor dysfunction including incontinence, pelvic pain etc.)	Pelvic health assessment (incl. internal exams) and treatment including soft tissue techniques, muscle retraining/strengthening, bladder retraining, patient education, accommodator therapy.	Calgary	Name of the contact person: Aly MacLean Phone Number : 403- 242- 1111 Email: alymac.pt@gmail.com or admin@richmondphysiotherapy.ca Address: 210 - 3715 51st Street S.W. Calgary, AB T3E 6V2 Website: richmondphysiotherapy.ca	Website: richmondphysiotherapy.ca Email: alymac.pt@gmail.com Call: 403-242-1111	No, unless referral is required for individual's extended benefits to cover physiotherapy visits.	Name: Lakeview Physiotherapy Phone number: (587) 317-9981 Email: reception@lakeviewphysio.ca Address: 6449 Crowchild Trail SW #11 Calgary, AB, T3E 5R7 Website: https://lakeviewphysio.ca/	1st visit (assessment and treatment) \$145 Follow up visits (treatment) \$115 Extended health benefits that cover physiotherapy will cover a portion or all of these charges (depends on the plan).
Intrinsi-Claire Harris	Rehab	Chronic pain Pelvic health (incontinence, prolapse, pelvic pain, low back pain, hip pain, pelvic conditions) Musculoskeletal injuries (sprain/strain) Whiplash/MVA Infants Recreational/professional athletes Elderly	Physiotherapy Osteopathy Athletic Therapy Massage Therapy	Calgary	Name of the contact person: Claire Harris Phone Number : (403) 229-9214 Email: Claire@intrinsi.ca Address: 1608 17 Ave SW #103, Calgary, AB T2T 0E3 Website: https://www.intrinsi.ca	Online Walk by Family or friend referral Referred by associated professionals (chiro, docs, RMTs)	No.	Several other service providers in the surrounding area.	Assess: \$155 Standard Follow Up: \$123 Short Follow Up: \$98 Insurance coverage provided.

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Lifemark Health Centre(Sunpark)-Corinne Langford	Physiotherapy	Pelvic floor clients (weakness, tension, pain, prolapse, pre/post natal, pre/post surgery)	Pelvic floor assessment and treatment, muscle stim, dry needling, yoga therapy, qi gong.	Calgary	Name of the contact person: Corinne Langford Phone Number : 403-254-0057 Email: corinne.langford@lifemark.ca Address: #213, 40 Sunpark Plaza SE Calgary, AB, T2X 3X7 Website: https://www.lifemark.ca/therapists/corinne/langford/230	Very, they can book online or over the phone.	No referral required	None	Assessment \$160 Treatment \$140 Covered under physiotherapy benefits
Diverse Sports Physical Therapy- Foozieh Ostowari and Priyanka Sud	Physiotherapy; we also accommodate physio and kinesiology students placements. We also have acupuncturist and nutritionist and massage therapist as consultants.	From infant with torticollis to elderly with hypomobility and stroke patients	TMJ, Pelvic Health (male, female pediatric) with incontinence and encopresis and prolapsed and pain and coccydynia, Vestibular and Concussion and balance disorder, Orthotics, Sports (all levels and kinds of sports), Long Term and Short Term Disability, WCB, MVA, Regular private patients, Neurorehab (Post-CVA) and Chronic pain.	Calgary	Name of the contact person: Foozieh Ostowari (Owner), Donna Dolor (Office Manager) Phone Number : 403-453-0727, 403-453-0729 (fax) Email: diversesportsphysicaltherapy@gmail.com Address: 405-4600 Crowchild Tr. NW, Calgary, AB, T3A-2L6 Website: www.diversesports.ca	Through website; patients are normally booked within a day or two. Vestibular and concussion patients are booked on the same day as walk-ins, We have a contract with the post-secondary students for 60.00/ assessment and 30.00/ treatment and 50.00/ 1 hour of massage	No referral needed unless patient insurance company asks for it. Referral for massage and physiotherapy needed for post-secondary students due to the contract policy agreement. Orthotics need referral, the referral, if needed in some cases, need to come from a physician.	Yes-list	Pelvic health is a one hour appointment. \$135.00/ assessment and \$110.00/ treatment. Other services vary depending the time and other services involved.
Lakeview Physiotherapy- Heather Enns, Gayle Hulme, Kaitlyn Sereda	Physiotherapy	(Clinic): orthopedics, Women's, Men's and Children's pelvic health (Providers) Women's pelvic health	Orthopedic and Pelvic Health Physiotherapy.	Calgary	Name of the contact person: Gayle Hulme Phone Number : 403-249-5253 Email: reception@lakeviewphysio.ca Address: #11 – 6449 Crowchild Trail SW Calgary, AB T3E 5R7 Website: www.lakeviewphysio.ca	Online, phone, in-person, Facebook, Instagram	No referral required; direct access to physiotherapy services	None	Fee for Service; Physiotherapy covered by most extended health insurance plans.

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Optimum Perinatal Health Inc.	Physiotherapy	Prenatal and Postnatal Women Women with Pelvic Floor Dysfunction (Including Incontinence)	Pelvic and Orthopaedic Physiotherapy Prenatal and Postnatal Education Workshops.	Calgary	Name of the contact person: Gina-Marie Cerantola Phone Number : 403-690-2221 ext 2 Email: info@optimumperinatal.com Address: A201, 1600 - 90th Ave SW Calgary, AB T2V 5A8 Website: www.optimumperinatal.com	Information online on our website as well as accessible by telephone	No referral needed, but referral may be required for reimbursement through extended health care benefits.	Yes- many in Calgary	For those with extended health care benefits, assessment and follow ups maybe eligible for reimbursement through physiotherapy coverage. Fees as of 9/18/18 Pelvic physiotherapy assessment: \$160 and pelvic physiotherapy Follow up: \$115
The Downtown Sports Clinics-Hilary McDermott	Physiotherapy	Musculoskeletal and pelvic floor	Physiotherapy, massage, nutrition, sports medicine.	Calgary	Name of the contact person: Hilary McDermott Phone Number : 403-233-7007 Email:hilary.mcdermott@tdsc.ca Address: 250, 444 7th Ave SW Calgary, AB T2P 0X8 Website:www.thedowntownsportsclinics.com	Website, advertising	No	None	\$180 assessment – 1 hour \$145 follow up – 1 hour \$108 follow up – 30 minutes Extended health benefits will cover
Maximum Potential Physiotherapy-January Muhlbeier MScPT	Private Practice Physiotherapy	Women's health, vestibular, general orthopaedics.	Pelvic floor pain and/or dysfunction, incontinence, pre and post natal	Calgary	Name of the contact person: January Muhlbeier Phone Number : 403-744-5048 Email: maximumpotential@pthealth.ca jmuhlbeier@pthealth.ca Address: 1620, 29 St NW, #125 Calgary AB T2N 4L7 Website: https://www.pthealth.ca/clinic/maximum-potential-physiotherapy/	Website	No referral needed for our clinic; may require referral for insurance coverage.	None	Assessment: \$140, Treatment \$100 Not covered under Alberta Health Services covered by Third Party insurance if patients have physiotherapy coverage.
Northern Hills Sport Physiotherapy-Ioanna Smith and Brenda McGahey	Physiotherapy	Women's health physiotherapy peri and postnatal care, incontinence, pelvic organ prolapse, pelvic pain.	Women's health physiotherapy peri and postnatal care, incontinence, pelvic organ prolapse, pelvic pain.	Calgary	Phone Number : 403-226-7680 Email: admin@noprthernhillsphysio.com Address: 760-500 Country Hills Blvd NE Calgary AB T3K 4Y7 Website: www.nhspt.ca	Telephone,email, website.	Referral is only required if insurance companies require it.	Name:Yolanda Lou Phone:403-262-2620 Address: 7007 14 St SW #6601, Calgary, AB T2V 1P9	Assessment \$150 (60 min); Treatment \$100 (40 min). If patient has extended health plan, we direct bill to most.

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Evidence Sport and Spine North Location-Kerry Worbets	Interdisciplinary team – physician, psychiatrist, nurse practitioner and physiotherapists	Pelvic and orthopedic patients	Physiotherapy for different pelvic health conditions including incontinence	Calgary	Name of the contact person: Kerry Worbets Phone Number: 403-210-9969 Email: kerryworbetspt@gmail.com Address: Cambrian Wellness Centre 2000 Veteran's Place NW #201 Calgary, AB,T3B 5Y7 Website: https://www.evidencesportandspinal.com	Website	No referral needed	Yes; there's a list.	190\$ for assessment 150\$ for treatment 1 hour 110\$ for half hour treatment If patient has insurance for Physiotherapist- can claim for services.
Momentum Health Creekside-Kirstyn Cahoon	Physiotherapy	Bladder/Bowel incontinence, painful intercourse, pre and post partum, tailbone injury, endometriosis or painful periods, bladder pain syndromes, abdominal separation, low back pain, pelvic pain	Physiotherapy (internal/external assessment, Muscle retraining, IMS therapy, progressive exercises, classes for post partum rehabilitation.	Calgary	Name of the contact person:Kirstyn Cahoon Phone Number :403-239-6773 Email:kcahoon@momentumhealth.ca Address: 12192 Symons Valley Rd NW #4, Calgary, AB T3P 0A3 Website: https://www.momentumhealth.ca/	Self or doctor referral	No	None	PT insurance covers this type of care \$160 for assessment \$120 for follow up \$30 for post partum classes (covered by PT benefits)
The Downtown Sports Clinic (Bow Valley Square)-Kristen Grouve	Pelvic Health Physiotherapy (other services such as massage, orthotics, IMS,Acupunture)	Urinary and fecal incontinence, prolapse, pre/post natal, pelvic pain, post-op, Overactive bladder, outlet constipation.	Manual Therapy, IMS, patient education, exercises	Calgary	Name of the contact person: Kristen Grouve Phone Number : 403-234-7557 Address: 310 205-5th Avenue SW Calgary, AB T2P 2V7 Email: kristen.grouve@tdsc.ca Website: https://thedowntownsportsclinics.com	Calling the clinic	No referral needed however referral from physician is appreciated.	Pelvic Floor Clinic, Alberta college of physiotherapists.	Assessment: \$180 for 1hr 60 minutes Follow up: \$145 30minutes Follow up: \$108
Movement Sports Clinic-Lucia Mathieson	Physiotherapy and Massage	We treat a variety of patients, from MVA, elite athletes, office workers, etc. We do not treat WCB, AHS or AISH subsidized treatments.	Physiotherapy and Pelvic Health Physiotherapy,	Calgary	Name of the contact person: Nadine Walker Phone Number: 587-318-1600 Email: nadine@movementsportsclinic.ca Address: Suite 441 131-9 th Ave SW Calgary, AB T2P 1K1 Website:www.movementsportsclinic.ca	Website, phone, fax, facebook.	No	None	New Pelvic Health Assessment \$180; 60 minutes Follow up \$140; 45 minutes

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Mahogany Medical Clinic	Medical	Prenatal, menopausal, pelvic floor, family, IUD.	Prenatal, menopausal, pelvic floor, family, IUD.	Calgary	Name of the contact person: Vishal Dodiya Phone Number :582-355-3300 Email: myhealth@mahoganymedicalclinic.ca Address: #670, 7 Mahogany Plazaq SE T3M 2P8 Calgary, AB Website: www.mahoganymedicalclinic.ca	Website	Prenatal, menopausal, IUD should go to Dr. Premji and Pelvic Floor- Dr. Jensen (Yes referral is needed)	None	None
Vida Health & Wellness-Mercedes Eustergerling	Physiotherapy	Adult female	Pelvic health physiotherapy, chronic pain management, musculoskeletal physiotherapy, pre & postpartum, breastfeeding support	Calgary	Name of the contact person: Mercedes Eustergerling Phone Number : 403-815-0986 Email: info@vidahealth.ca Address: 203 – 1640 16 Ave NW Calgary, AB T2M 0L6 Website: www.vidahealth.ca	Information is available on the website and via phone/e-mail	No referral needed	None	Initial - \$120 (1 hour) Follow up - \$110 (1 hour) Direct billing to insurance is available.
Lifemark Heritage Hill-Rama Swami	Physiotherapy	Incontinence, Pelvic Organ Prolapse, Pelvic Pain, Post-Prostatectomy.	Pelvic health Rehabilitation	Calgary	Name of the contact person: Rama Swami Phone Number : 403-252-7271 Email: rama.swami@lifemark.ca Address: 212, 8180 Macleod SE Calgary AB Website: www.lifemark.ca	Flyers/pamphlets/Website	No referral necessary	Vesia Clinic and other lifemark locations	Ax: \$160.00 Tx: \$140.00 Yes most insurance companies provide coverage as long as they have physiotherapy coverage.
Lifemark Health Father David Bauer-Ravi Lester and Devin Grant	Physiotherapy	Incontinence Pelvic Organ Prolapse Pelvic Pain Pain with intercourse Post-partum Hip/Groin/SIJ persisting MSK issues	Women's pelvic health	Calgary	Name of the contact person: Mandy Quach Phone Number : 403-284-4526 Address: 2424 University Drive NW Calgary, AB T2N 3Y9	On the Website; www.Lifemark.ca	No but it helps.	None	\$160 Assessment \$140 Treatment All appointments are 1 hour duration

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Evidence Sport and Spine(South)-Reneae Hunter	Multidisciplinary	Women and Men	Pelvic health physiotherapy (bladder, bowel, sexual dysfunction)	Calgary	Name of the contact person: Shalyn Huehn Phone Number : 403-454-8464//403-454-8460 Email: mahogany@evidencesportandspinal.com Address: #110, 7 Mahogany Plaza SE, Calgary, AB, T3M 2P8 Website: www.evidencesportandspinal.com	Website and Telephone	No	Website: www.pelvichealthsolutions.ca	\$160 Initial Assessment \$120 Treatment (extended health care coverage)
CBI Bridgeland Clinic - Shilpa Kumar	Physiotherapy/Return to work	Patients with Musculoskeletal issues, Urinary incontinence, Postnatal patients, prolapse	Pelvic floor Internal and External Exam, Pelvic floor rehabilitation	Calgary	Name of the contact person: Shilpa Kumar Phone Number :403-269-2414/23776 Email: skumar@cbi.ca Address:1010-1 st Avenue NE Suite 300 Calgary, AB T2E 7W7 Alberta	Phone and email.	Yes (Primary care physician, community service providers) Preferable	Name: Lakeview Physiotherapy and Acupuncture Phone: (403) 249-5253 Address:6449 Crowchild trail SW#11, Calgary T3E 5R7	Initial Assessment-\$160 Consecutive treatment-\$110 Direct bill available
Sage Hill Physiotherapy-Subha Velusamy	Location 1: Sage Hill Physiotherapy Location 2 : Chronic pelvic pain program, RRDC	Pelvic pain, incontinence (stress, urgency), Lumbo -sacral weakness, Pelvic fracture, sexual trauma, MVA, post partum,	Education, internal pelvic exam, follow ups, exercises program, treatment with modalities , referral to massage therapy	Calgary	Name of the contact person: Subha Velusamy Phone Number : 587-579-8877 Email: Subha.velusamy2@albertahealthservices.ca Address: Location 1 : 23 Sage Hill Passage Northwest, Calgary, AB T3R 0S4 Location 2: Richmond Road Diagnostics and treatment centre. 1820 Richmond Rd SW, Calgary, AB T2T 5C7	Information is available on our website, pamphlets , public signage, family physicians, word of mouth, etc	No; Self referral but referrals from family physicians is accepted.	None	Insurance covers a portion of the assessment and treatment, clients will have to pay the reminder.
Jenna Lewis	Physiotherapy	Orthopaedic, women and men's pelvic health, pre and post natal, chronic pain	Women's and men's pelvic health, acupuncture, IMS	St. Albert	Name of the contact person: Jenna Lewis Phone Number :780-458-0255 Email: reception@csaphysio.ca Address: 508-22 Sir Winston Churchill Ave St Albert, AB T8N 1B4 Website: csaphysio.ca	Information on our website, can call the clinic with any questions.	No	None	Personal benefits covering physiotherapy. There is some AHS coverage depending on the patient.

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Leading Edge Physiotherapy-Lindsay James	Physiotherapy	Women only for pelvic floor PT	Pelvic floor Physical Therapy (including manual therapy, biofeedback, electrical stimulation, education, exercise prescription) In addition to general orthopedic physical therapy (manual therapy, modalities, acupuncture, IMS, hydrotherapy-pool inside clinic)	St. Albert	Name of the contact person: Lindsay James Phone Number : 780-458-2669 Email: Lindsay@leadingedgephysio.com Address: Suite 130, 145 Carleton Drive, St. Albert, Alberta T8N 3S6 Website: leadingedgephysio.com	Call to the clinic, website to be updated to include women's health program.	No	None	Insurance does provide coverage if patient has personal benefits. No Community Rehabifunding available for treatment of incontinence at our clinic.
Boost Physical Therapy- Katie Richardson	Physiotherapy	Clients 18 and older	Physiotherapy services Pelvic Health Physiotherapy	Stony Plain	Name of the contact person: Phone Number : 780-591-5555 Email: info@boostpt.ca Address: #136, 5211-50 Street Stony Plain, AB T7Z-0C1 Website: www.boostpt.ca	Information is accessible on website and over the phone if the client has further questions.	No referral needed; sometimes a doctor's referral is needed for reimbursement from the individual's insurance companies.	None	Initial assessment \$150, Follow-up \$90. No coverage from AHS. Coverage through individual benefits plan if available.
OBGYN Grande Prairie- Dr. Laura Cano and Dr. Enrica Tse	Obstetrics and Gynecology	Urinary Incontinence, Pelvic Organ Prolapse	Female Incontinence Surgery Prolapse Surgery Pessary Fitting	Grande Prairie	Name of the contact person: Dr. Laura Cano and Dr. Enrica Tse Phone Number : 780-402-2808 Email: admin@drLauraCano.com Address: #104, 9725 98 Ave Grande Prairie, AB T8V 8K5 Website: www.obgyngrandeprairie.com/	Website	Referral is needed from GP/NP (6-9 months wait list)	UROGYN Clinic in Edmonton	Pessaries are sold here.
Grande Prairie Urology Consultants / Queen Elizabeth II Hospital-Dr. Roy	Medical	All	Consultation, cystoscopy, urodynamics	Grande Prairie	Name of the contact person: Ashley(MOA) Phone Number : 587-243-0177 Address: 110 - 9719 98 Ave, Grande Prairie, AB, T8V 8K6 Website:www.grandeprairieurology.com	Yes, from primary care physician	Yes from physician	None	Alberta Health direct billing.

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Adventure Physiotherapy-Laura Crouse and Tori Smith	Physiotherapy	Continence urinary, fecal, pain patients, prolapse, postsurgical, postnatal, prenatal.	Pelvic floor therapy, biofeedback, electronic and balloon techniques, EMS with vaginal and rectal probes, manual therapy and products to purchase for self management.	Grande Prairie	Name of the contact person: Tori Smith Phone Number : 780-532-0548 Email: tori.smith@adventurephysiotherapy.com Address: #107, 10126 -117 Avenue Grande Prairie, Alberta T8V 0S7 Website: www.adventurephysiotherapy.com	Very accessible through our website and through calling. Waitlist to see Tori is approximately 3 months or more	No referral needed but we have no alberta health service coverage. Therefore pay for service \$90 assessment for 45 min and treatment is \$70 for 30 min.	None	We direct bill most insurance companies but not health care coverage. \$90: 45 min assessment \$70: 30 min assessment
Grande Prairie Care Network-Laura Crouse	Persistent Pain Program	Persistent Pain (referral only)	Pelvic Pain Conditions Persistent Pain Conditions	Grande Prairie	Name of the contact person: Laura Crouse Phone Number : 780-539-9204 Email: laura.crouse@grandeprairiepcn.com Address: 104 – 11745 105ST Grande Prairie AB T8V 7X6 Website: http://grandeprairiepcn.com	Phone, Website	Yes, physician who will maintain other medical care. *Note: This is a self-management program, patients must be wanting to engage in the program in order to access physiotherapy services)	None	No charges.
Access Physiotherapy Inc-Puneet Gill	Physiotherapy	Female, all age groups except pediatrics	Pelvic Floor physiotherapy for incontinence pelvic pain, post-partum pregnancy, pain with intercourse.	Grande Prairie	Name of the contact person: Puneet Gill Phone Number : 780-831-0123 Email: info@accessphysiotherapy.ca Address: 101-10027, 101 AVE, Grande Prairie, AB T8V 0X9 Website: www.accessphysiotherapy.ca	Website or Phone	No	Adventure Physiotherapy	Assessment: \$140, Treatment: \$85 Not covered by AHS and do not direct bill extended health care plans.
Junction Point Physical Therapy- Nikita Shah	Physiotherapy and massage therapy	Patients with incontinence, prolapse, valvodynia, vaginismus, chronic constipation	Physiotherapy treatment that includes exercises. Also have and use a pelvic floor toning machine.	Grande Prairie	Name of the contact person: Nikita Shah Phone Number : 780-832-2804 Email: junctionpointphysicaltherapy@gmail.com Address: # 212, 9719, 98 Avenue Grande Prairie AB T8V 8X6	Physicians, gynecologist refers or through website	Not necessary	None	Assesment = \$100 Follow up = \$80

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Elle Physiotherapy and Pelvic Health-Nicole Schmitt and Joelle Sykes	Physiotherapy	Pediatric and women of all ages for pelvic health concerns.	Pregnancy, postpartum, urinary incontinence, prolapse, pelvic pain, post c-section, IC, pediatric bowel and bladder dysfunction, core rehabilitation	Red Deer	Name of the contact person: Nicole Schmitt Phone Number : 403-352-3111 Email:ellepelvichealth@gmail.com Address: 38440 Range Road 270 Red Deer County, AB T4E 1C5 Website: ellepelvichealth.com	Website	No	Pursuit Physiotherapy	Assessment: \$125, follow ups: \$ 90. Yes coverage applies for those with benefits for physiotherapy
Pursuit Physiotherapy- Nicola Julien, Kara Claerhout, Leanne Schlater	Physiotherapy	Pre/Post-Natal, Prolapse, Incontinence, Post surgical, Male and Female Pelvic Health	Pelvic Health, manual therapy, IMS, chronic pain, orthopedic injuries, MVA	Red Deer	Name of the contact person: Leanne Schlachter Phone Number : 403-356-9789 Email: leanne@pursuitphysio.com Address: #110 2840 Bremner Ave, Red Deer Grande Prairie, AB T4R 1M9 Website: www.pursuitphysio.com	Website or Phone	No referral needed but if it's surgical or complex referral is helpful.	Elle Physiotherapy	Some insurance have physio benefits, able to direct bill to a few insurers.
Battle River Physical Therapy-Crystal Westergard, Carli Milner	Physiotherapy	Pregnant and non-pregnant adults, single diagnosis, pre-teens and young adults and community based patients	Biofeedback, IMS, acupuncture	Camrose	Name of the contact person: Rae Phone Number : 403-672-2891 Email:brpteam@cable-lynx.net Address: 4931 49 st Camrose, AB Website: physiotherapycamrose.ca	Website, facebook, phone	No	None	AHS funds CRP program
Accel Physical Therapy-Angie Martin	Physiotherapy	All patient populations but mostly orthopedic.	Physiotherapy, Registered Massage Therapy, IMS, Medical Acupuncture, Cupping, Exercise Therapy, Traction	Fort McMurray	Name of the contact person: Angie Martin Phone Number : 587-536-6789 Email: admin@accelphysicaltherapy.ca Address: 1B-118 Millennium Drive Fort McMurray, AB T9K 2S8 Website: accelphysicaltherapy.ca	Website and calling the clinic for information on pelvic health services.	No	None	Private Insurance provides Coverage, we bill all major insurance companies Pelvic Health Assessment: \$190 (1hour) Pelvic Health Treatment: \$130 (30 min)

Provision of Continence Care in Alberta

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Clearwater Physical Therapy-AllieWait and Shellene Dirk	Physiotherapy and Massage	Primarily Female	Pelvic Physiotherapy	Fort McMurray	Name of the contact person: Allie Wait Phone Number : 780-742-0005 ext 2 Email: allie@clearwaterphysio.com Address: 201C Thickwood BLVD Fort McMurray, AB T9H 5A9 Website:clearwaterphysio.com	Information provided on website, can book online or call to make an appointment	No - unless clients insurance requires this for billing	Name: Angie Martin Phone number: 1-587-536-6789 Email:admin@accelphysicaltherapy.ca Address: 118 Millennium Drive #1B, Fort McMurray AB T9K 2S8 Website: http://www.accelphysicaltherapy.ca	Assessment: \$200 Treatment: \$150 Direct bill to most insurance providers.
Lacombe Physiotherapy Clinic	Physiotherapy	Women	Pelvic floor physiotherapy forincontinence, urgency, pelvic pain; Core exercise class	Lacombe	Name of the contact person: Karen Leung Phone Number: 403-782-5561 Email: getbetter@lacombephysio.com Address: 2-6220 Hwy 2A, Lacombe AB, T4L 2G5 Website: lacombephysio.com	Website	No referral necessary	None	Initial assessment (1 hour) = \$120 Follow up visits (45 mins) = \$90 Extended health coverage dependant on insurance provider.
Beaumont Physiotherapy & Sports Injury Clinic	Physiotherapy	Mild pelvic health patients such as during pregnancy and post-partum. We do not have a specialized pelvic health therapist on staff at this time.	Pelvic training and msk treatment for mild pelvic health issues that do not require an internal examination or treatment.	Beaumont	Name of the contact person: All therapists. Phone Number :780-929-5217 Email:beaumontphysio@shaw.ca Address:#2, 5102-49 Ave, Beaumont, AB, T4X 1E4. Website:www.beaumontphysio.ca	Website, telephone.	No. Only required if patients extended health benefits require it from MD for coverage.	Name:Leduc Physio Phone number:780-980-5443 Email: Address: Leduc City Centre Mall Website:www.leducphysio.ca	Assessment \$95. Treatment \$75. Insurance coverage depends on the patients extended health benefit plan.
Dr. John Jeffery	Medical	Obstetric and Gynaecology Patients	Obstetrics and Gynaecology	Medicine Hat	Name of the contact person: Alyssa Phone Number: 403-502-8932 Address: 105, 770-6th street SE Medicine Hat, AB T1A 4J2 Website: www.drjeffery.ca	By referral and website for information	Yes from physician	Name: Dr. Magnus Murphy Phone number:403-692-0440 Website: www.pelvicfloor.com	No charges; AHCIP
Alberta Physical Therapies Tanya Van Dam	Physiotherapy	Outpatients	Urinary and fecal Incontinence, dyspareynia, pediatric incontinence, Full physiotherapy services including Acupuncture, IMS, orthopedic, RUSI.	Medicine Hat	Name of the contact person: Reception Phone Number: 403-527-9477 Email:aptcinc@telusplanet.net Address:106-1235 Southview Dr. S.E Medicine Hat, AB.T1B 4K3 Website:aptcinc.ca	Phone in, or website (temporarily under construction)	No	None	\$135.00 for the first 2 treatments \$95.00 for follow up treatments Some private insurance plans cover a portion of treatment.

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Theracare Physiotherapy and Medicine Hat Regional Hospital-Nadia Deenen	Phyiotherapy	Incontinence: Uro/fecal Pelvic pain Children with pelvic pain and other pelvic floor issues Male: post prostate surgery Pregnancy related pelvic pain	Both locations Assessment and treatment Rost therapy Electrotherapy Non-Electro biofeedback in Theracare physiotherapy only	Medicine Hat	Name of the contact person: Nadia Deenen Phone Number : 403-488-7888 Email:Theracarephysio.pt@gmail.com Address: Theracare Physiotherapy 118,3030,13 th Ave SE T1B 1E3 MHRH 666-5 th street SW Medicine Hat, T1A 4H6 403-529-8851 Website: Theracarephysio.com	Phone	Very helpful but not needed	Name: Melani Sneider NP Pessary fitting and pelvic health Phone number:403-793-8111 Address:South Shore Medical clinic, Brooks	MHRH: No charges except for buying electrical equipments or probes if needed. Theracare: private Depending on the insurance. Some cover the full amount. At present: assessment and treatments \$90 per session.
Dr. Jaye Malach	Medical	All	Urodynamics, cystoscopy, anti- incontinence surgery; burch, laparoscopic burch and mesh. Pelvic floor surgery but no mesh assisted prolapse repair. Pessary changes, group and individual teaching.	Lethbridge	Name of the contact person: Sava Hame Phone Number : 403-327-4637 Address: 1818 10th Avenue South, Lethbridge, AB T1K 0B6	Referral	Yes	Pelvic Floor Clinic, Chinook Regional Hospital	None
Lime Health and Wellness-Amy Ostrowski	Physiotherapy and Skin Care	All	Physical Therapy, Pelvic Health Treatments, IMS, Acupuncture, Shockwave Therapy, Electrotherapy, Athletic Taping and Bracing, Kinesiology, Orthotics, Vertigo, Balance and Concussion, Massage Therapy, Advanced Facial Treatments, Skin Resurfacing, Photo Facial Cosmetic Injections and Filler, Skin Tag, Mole & Wart Removal, Body Wraps and Scrub Treatments	Lethbridge	Name of the contact person: Amy Ostrowski Phone Number : 403-380-0082 Email: amy@limeclinic.ca Address: 440 4 Avenue South, Lethbridge, AB Website: limeclinic.ca	Website, phone, social media, in person	No referrals needed, walk in welcome	Our Pelvic Health Therapist	Varies depending on timing and issue. Insurance provider does cover treatments.

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Fit Physiotherapy- Ashley Lowe	Physiotherapy	All ages, male and female, pre/post natal, pelvic pain, prolapse, incontinence	Physiotherapy	Lethbridge	Name of the contact person: Ashley Lowe Phone Number : 403-394-2277 Email: fit2010physio@gmail.com Address: #3 3010 32 Street South Website: http://www.fitphysiotherapy.ca/aboutus.php	Most information is given by the referring OBGYN, friend or family member.	Not needed but referrals are common from OBGYN's	None	Assessment: \$150 Follow ups: \$110 Insurance provides coverage if they have physiotherapy coverage.
Elite Sports Medicine- Brian Boehme and Jordan Heringer	Multidisciplinary-medical, physio, chrio, massage.	wide range-athletes, elderly, children, MVA, etc.	Physiotherapy	Lethbridge	Phone Number : 587-425-1235 Email: elitesportsmedclinic@gmail.com Address: 201 1921 Mayor Magrath Dr S Lethbridge AB, T1K 2R8 Website: www.Elitsportsmedicine.ca	Online on website or Facebook page.	No	Name of the contact person: Ashley Lowe Phone Number : 403-394-2277 Email: fit2010physio@gmail.com Address: #3 3010 32 Street South Lethbridge, AB Website: http://www.fitphysiotherapy.ca/aboutus.php	Extended health insurance often covers physio.
Lifemark Physiotherapy Lethbridge-Kelsie McGee	Physiotherapy	Incontinence, Urgency/Frequency, Prenatal/Postnatal, Pre-op/Post-op Urogyne surgeries, Pelvic Pain , all age groups	Pelvic floor physiotherapy	Lethbridge	Name of the contact person: Kelsie McGee Phone Number : 403-329-3212 Email: kelsie.mcgee@lifemark.ca Address: as above Website: https://www.lifemark.ca/Mayor-Magrath	Online, pamphlets, call in, the information is very accessible.	No referral needed for services. Referral may be needed by EHC for billing purposes – check with your insurance provider to confirm.	Many practitioners in the Lethbridge area: OBGYN's, Urologists, Incontinence care nurses, new pelvichealth clinic opening at Chinook Regional, 3 other pelvic health physiotherapists in the area.	\$160/assessment \$75-\$100/treatment Extended Health Care (EHC) will cover under physiotherapy benefits. AHS do not cover private physiotherapy.

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Peak Physical Therapy	Physiotherapy	Patients with mild-to-moderate pelvic floor dysfunction, including overactive bladder, stress/urge urinary incontinence, pelvic organ prolapse, anorectal disorders, levator myalgia syndrome, and more.	Pfilates (Pelvic Floor Pilates) Program – a non-invasive, exercise-based conditioning program designed by a physician for individuals with mild to moderate pelvic floor disorders. The exercise program is delivered by an exercise therapist, trained in the pfilates method. All clients will be initially evaluated by a physiotherapist to determine if the pfilates program is a safe and appropriate intervention for the patient.	Lethbridge	Name of the contact person: Michelle Petriw Phone Number : 403-328-7325 Email: michelle@peakpt.ca Address: 715 – 2 nd Avenue South Lethbridge, Alberta T1J 0C4 Website: www.peakpt.ca	Information can be obtained on the website (www.peakpt.ca) and on the Pfilates website (www.pfilates.com) or contact the clinic by phone to obtain further information about the program and how to book and evaluation.	No referrals required, unless your private insurance requires a prescription from a medical doctor for physiotherapy/exercise therapy services	Name: Jonnie Kelly Phone number: 403-320-2003 Email: Address: CBI Health Centre 120 4 th Avenue South Lethbridge, Alberta T1J 4X6 Website: https://www.cbi.ca/web/physiotherapy-lethbridge-4th-south	Not covered under Alberta Health Services, however we are able to direct bill with MOST private healthcare insurances. Initial assessment is \$120 (duration = 1 hour), follow-up appointments are \$65 (duration = 40 minutes), with an average of 3-5 follow-up appointments
Dr Ogunlewe OBGYN Clinic-Dr Obafemi Ogunlewe	Specialist Medical	Gynecology Patient With Stress and urinary incontinence. Also pelvic floor prolapse.	Medical and surgical treatment for Urge urinary incontinence and Genuine stress incontinence e.g Sub urethral tape procedures. repair of cystoceles, rectoceles, UV prolapse etc.	Lloydminster	Name of the contact person: Dr O.Ogunlewe Phone Number : 780- 872 7343 Email: femiogunlewe@yahoo.co.uk Address: Unit 120, 4402 - 52nd Ave, Lloydminster, AB T9V 0Y9.	Through Primary care physician inquiry and referrals	Yes, from Primary care Physicians, Nurse practitioners and specialist colleagues.	Name: Dr O. Ajegbo, Dr M.Abouhamra and Dr T. Elghedewi Address: All located in Lloydminster AB.	Only Provincial Health care covered patients.
Alta-Sask Wellness-Laura Bowman	Medical/Physiotherapy	Private,Funder,MVA,WCB	Physiotherapy, Needling, Acupuncture, Rehab, General Practitioner, Shoulder Program.	Lloydminster	Name of the contact person: Craig Hoff Phone Number :780-875-0080 Email: LL@altasaskinc.com Address: 3- 5202 12Street, Lloydminster, AB T9V 0W1 Website: altasaskinc.com	Easily accessible-online	No referrals needed for private treatments, Funder approval needed for any rehab programs.	None	Initial Assess. \$80. Physio Appts. \$65. There are varying amt. of fees and services dependent upon the need.

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1. Cold Lake Physiotherapy Clinic 2. IMPACT Health Bonnyville	Physiotherapy and massage therapy	All age groups, prenatal , postnatal, postpartum females, urinary and fecal incontinence, dyspareunia, vaginismus, Bladder repair, prolapse.	Pelvic floor Physiotherapy Acupuncture Dry Needling K-Laser, Shockwave Therapy Vestibular Rehabilitation Custom foot Orthotics WCB and MVA claims	Cold Lake/Bonnyville	Name of the contact person: Musarraf Quraishi (Female Pelvic PT) Phone Number : CL: 780-594-2083/BN: 780-812-3093 Email:musarraf@coldlakephysio.com Address: Cold Lake: Unit- C 5412 55 th St Cold Lake AB T9M 1R5 Bonnyville: PO Box 6488, 101-5001 49 Ave Bonnyville AB T9N 2H1 Website: 1. www.coldlakephysio.ca 2. www.impacthealthcenter.com	Referral pads and info sheets at doctors' offices, brochures, website, online booking site, newspaper and community events.	Not mandatory but referrals can be made from the family service providers etc) physicians, surgeons and nurse practitioners.	Name: Lisamarie Devilliers Phone number: 780-826-3346 Address: Bonnyville Website: Linq physiotherapy	1 hour Assessment: \$125 (includes one treatment) 30 min Treatment: \$85
Reflective Physical Therapy Inc.-Cathy Janke	Physiotherapy	Outpatient, men and women	Pelvic health physiotherapy including pre-post natal, bladder and bowel incontinence, pelvic pain.	Drayton Valley	Name of the contact person: Cathy Phone Number : 780-690-3276 Email:cathy@reflectivept.com Address: PO Box 75 Tomahawk, AB T0E 2H0 Website: www.reflectivept.com	Internet, Phone, Email	Referral not needed but recommended for benefits.	AHS	Initial Ax \$150 Follow up visits \$95
Performance Physiotherapy	Physiotherapy	Women's incontinence, pelvic pain, prolapses, pre and post natal.	Manual and digital biofeedback for muscle re-education (both forstrengthening and relaxing), trigger point release, stretches, pessary fitting and education on pelvic health.	Stettler	Name of the contact person: Rhonda Missikewitz Phone Number : 403-742-4533 Email: performancehealthfitness@gmail.com Address: 4833 50th Street. Stettler, AB Website: www.performancephysiotherapy.ca	Website, Phone	No referral needed	Yes, many in Alberta	Assessment: \$131 which includes a probe. Treatment: \$81
Edson Healthcare Centre, Physiotherapy (Alberta Health Services)	Physiotherapy department at hospital	Female population - Incontinence (bowel/bladder), prolapse, pre/postnatal	Internal examinations/treatments and biofeedback training	Edson	Name of the contact person: Aaron MacKinnon Phone Number : 780-725-6065 Address: 3837 6 Avenue, Edson AB T7E 0C5	Doctors and word of mouth	No	Name: Bianca Coetzee Phone number: (780)723 1985 Address: 5340-4 Ave, Edson AB Website: edsonchiro.com	Covered by Alberta Health Services

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Sunshine Physiotherapy-Denise Brochu	Physiotherapy	Incontinence, pelvic floor pain (men and women), prolapse	Pelvic floor physiotherapy, Pelvic Floor core physio yoga classes	Cochrane	Name of the contact person: Kathy or Robyn Phone Number : 403-981-1991 Email: sunshine.physiotherapy@gmail.com Address: Box 1553, Cochrane, AB T4C 1B5 Website: www.sunshinephysio.com	Website Reception	No	Pelvic Floor Clinic, Vessia, Colleges in field Team approach with family doctors, gynecologists and other physiotherapists.	New Patient/Assessment \$130.00 Physiotherapy Treatment \$115.00
Seton-Jasper Healthcare Centre- Karin Eldred	Physiotherapy	All ages/genders	Continence care services: Basic assessment, treatment for continence issues and pelvic pain issues	Jasper	Name of the contact person: Karin Eldred Phone Number : 780-852-6610 Email: karin.eldred@ahs.ca Address: 518 Robson Street, Jasper AB TOE 1E0	Direct access, patients can phone	Not necessary	No	No charge. All PT is covered by Alberta Health in our department.
Equus Physio Ltd-Keira Forsyth	Physiotherapy	Stress urinary incontinence Urge urinary incontinence Mixed Urinary incontinence Urgency –urinary and fecal Frequent urinating Bowel issues: incontinence, constipation Pelvic pain both internally and externally Dyspareunia Prolapse: cystocele, rectocele, enterocele Prenatal and Postpartum issues Vaginismus Interstitial cystitis	Lumbosacral Examination/ Biomechanical examination External Perineal Examination Internal Pelvic Floor Examination Pelvic Floor retraining (down regulation and up regulation) Biofeedback Pelvic Floor Stimulation	Cochrane	Name of the contact person: Tristyn McLean Phone Number : 587 493 0444 Email: equusphysio@gmail.com Address: 10 B Railway St. E Cochrane AB T4C 2B5 Website: equusphysio@gmail.com	Accessible on our website can book online via the website Registered under the Calgary Pelvic Health Registry and can call clinic for information.	No referral required	2 other clinics in Cochrane have pelvic floor therapists.	Direct Billing to insurance companies Assessment \$175 (1- 1.25 hours) Treatment \$130 (45 mins to 1 hour)

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Shifra Centre for Wellness	Multidisciplinary	Primarily pregnant women, early post-natal, any women in the post-natal journey	midwifery care, naturopaths, massage, physio, chiropractor, acupuncture, counselling	Cochrane	Vanessa Hagen, BScPT, BKin. Phone: 403-932-3176 Address: #118- 3rd Avenue, Cochrane, AB email: womenshealthpt@outlook.com website: shifracentre.com	Website, word of mouth, phone call	No referral is required for physiotherapy services unless some benefit plans require a physician's note in order to access care and receive reimbursement. Our clinic receives referrals by physicians, other physiotherapy clinics, internal referrals (by the other clinicians in the clinic), word of mouth, and social media	other private physiotherapy clinics in Cochrane (two others), numerous clinics in Calgary and surrounding area. Foothills Medical Clinic has a women's clinic	Private pay or benefit plan. No AHS coverage for this.
7 Hills Physiotherapy Clinic Inc.-Anuradha Mayilvaganan	Physiotherapy	Males & Females of all age groups Pre + Post Natal, Bladder + Bowel Incontinence, Pelvic Organ Prolapse, Chronic Pelvic Pain, Dyspareunia, Vaginismus, Vulvodynia, Pudendal Neuralgia, Interstitial Cystitis and Chronic Prostatitis, Post-Prostatectomy Incontinence, Erectile dysfunction, Chronic Constipation	Body Education, Pain Education, Behavioural Rehab, Pelvic Muscle Training, Biofeedback, Manual therapy, Functional Dry Needling / Acupuncture, Shockwave Therapy for ED	Wainwright and Provost	Name of the contact person: Anu Phone Number : 780 -842-8698 Email: 7hillsphysiotherapy@gmail.com Address: 1018-B 3 Ave Wainwright AB T9W 1T7 Website: www.7hillsphysio.ca	Website, Telephone, In Person	Direct patients are accepted, still Referral is appreciated from primary care physicians and community service providers	None	Initial Visit – Ax & Tx - \$120 F/U Visit - \$80 Insurance provides coverage - we can do direct billing.
Rocky Mountain Rehab and sports medicine clinic- Barbara Clemes	Physiotherapy and massage	Orthopedic mainly – also women's health	Exercises, education, mobilizing and manipulation, massage, acupuncture and IMS and orthotics – for women's health would be what is relevant and appropriate (stress incontinence, urgency, pain)	Canmore	Name of the contact person: Barbara Clemes Phone Number : 403- 678-6205 Email: barb@rockymountainrehab.ca Address: #12, 801 Main Street, Canmore, Alberta T1W2B3 Website: www.rockymountainrehab.ca	Website, receptionist at front.	Not needed for treatment, only for personal insurance coverage if necessary	Name: 1) Anne-Marie Fafard in Canmore 2) Kristen Grovuc at Downtown Sports clinics, Calgary – 403-234-7557	Depends on the insurance company but most cover physiotherapy. No Alberta Health care coverage unless low income then can qualify for 5.

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Finishline Physiotherapy-Leona Ham	Physiotherapy	Pre and post natal, pre and post menopausal and the occasional child or teen.	Pelvic Floor Physiotherapy for Women and children.	Okotoks	Name of the contact person: Leona Ham Phone Number: 403-982-0666 Email: info@finishlinephysio.com Address: 77 Sunset Cres Okotoks, AB Website: http://www.finishlinephysio.com	It can be found on the website and also provided via email, online booking or phone conversations.	No referrals are not necessary but do happen often.	Yes	Insurance will cover some or all of the services. AHS covers nothing. The charge for assessment \$150 and treatment is \$110.
Momentum: Physical Therapy and Sports Rehab-Raina Hawthorne	Physical Therapy	Adult, female Pre & postnatal Pre & postmenopausal Urgency, stress and urge incontinence	Internal & External Pelvic Floor Physiotherapy Orthopaedic Physiotherapy	Okotoks	Name of the contact person: Raina Hawthorne Phone Number : 403-982-5600 Email: raina@momentumphysicaltherapy.ca Address: #12a-49 Elizabeth Street Okotoks, AB, T1S 1A3 Website: www.momentumphysicaltherapy.ca/pelvic-floor-physio	Website, email, phone	No referral needed, Patients can self-refer/simply call for appointment	Name: Corina Kerison www.optimumperinatal.com	Assessment/treatment \$160 Follow up treatments \$115 Assessments and treatments are eligible under private insurance that covers Physiotherapy
E-Motion Therapy-Lindsey Kaup	Occupational Therapy – Women’s Pelvic Health & Maternal Wellness	Women 18 years and older living with pelvic floor /core dysfunction, pelvic pain, endometriosis, interstitial cystitis, dyspareunia, vaginismus, vulvodynia, pelvic organ prolapse, diastasis recti, incontinence, sexual dysfunction, prenatal care, postpartum care, maternal mental health, clients with history of abuse, etc.	One – one internal and external assessment and treatment, psychotherapy, manual therapies, goal-oriented care. Trauma informed. Education to individuals or group and . Speaking engagements.	Ponoka	Name of the contact person: Lindsey Kaupp, MScOT Phone Number: 403-783-8383 Email: lindsey@e-motiontherapy.com Address: Box 4187 Bay 4 5034-50 Ave, Ponoka, AB T4J 1R6 Website: www.e-motiontherapy.com	Very accessible – internet, email or phone call.	No	There are several providers in the Central Alberta area. Elle Physiotherapy Physioyoga.ca Weber Physio etc	Ax: \$120.00 Tx: \$100.00 Fee for service, clients submit for coverage if available.
Linq Physiotherapy- Lisa-Mari De Villers	Physiotherapy	Ante natal, incontinence, pelvic pain, prolapse, endometriosis, vulvodynia, vestibulodynia, vaginismal, dylparenia, non bacterial prostatitis in men, post prostatectomy in men, post partum.	Assessment and treatment of pelvic pain and pelvic floor dysfunction	Bonnyville	Name of the contact person: Lisa-Mari De Villers Phone Number: 780-826-3340 ext 209 Email: lisa@linqphysio.com Address: 101-4610 50th Street, Bonnyville AB, T9N 0G2 Website: www.e-motiontherapy.com	Website, Social media	No	Elevation Health in Cold lake and Impact Health in Bonnyville	Assessment: \$120 and Follow up: \$95

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Devon Physical Therapy- Elise Gervais	Physiotherapy	Female; urinary or fecal incontinence and pelvic organ prolapse.	Pelvic floor physiotherpay, education, biofeedback, muscle stimulation and exerise prescription and review.	Devon	Name of the contact person: Devon Physical Therapy Phone Number: 780-987-3582 Email: info@devonphysio.com Address: #106,17 Athabasca Avenue, Devon AB T9G 1G5 Website: www.devonphysio.com	Call the clinic to gain information.	No	None	AHS covers 7 visits per fiscal year (April 1st- March 31st). If patients exhaust these visists they must use extended health benefits. If they have no EHB then more coverage from AHS can be requested.