



GRAND LAKE
REHAB AND WELLNESS

Pelvic Floor Rehabilitation

Women's Health Education
and Support

Kateri received her Doctorate of Occupational Therapy from Huntington University and completed continued education for Pelvic Floor dysfunction. She is also certified as a Pregnancy and Postpartum Corrective Exercise Specialist. With this knowledge she is able to perform a thorough external and internal assessment of the pelvic floor and surrounding areas.



Treat patients with:

- Urinary frequency/urgency
- Incontinence (urinary and fecal)
- Constipation
- Pain with intercourse
- Pelvic pain or pressure
- Prolapse
- Tailbone, low back, or hip pain
- Abdominal Pain
- Pain with pregnancy
- Pain with postpartum

Treatments may include:

- Soft tissue mobilization
- Exercise
- Relaxation techniques
- Self-care education including toileting, intimacy, dressing and functional mobility
- Adaptive strategies for daily activities

Contact us to schedule and appointment or for further questions:



419-394-9514



1065 Hager Street St. Marys, OH 45885

Pelvic Floor Therapy is reimbursable by most insurances. We will bill your insurance company for you.