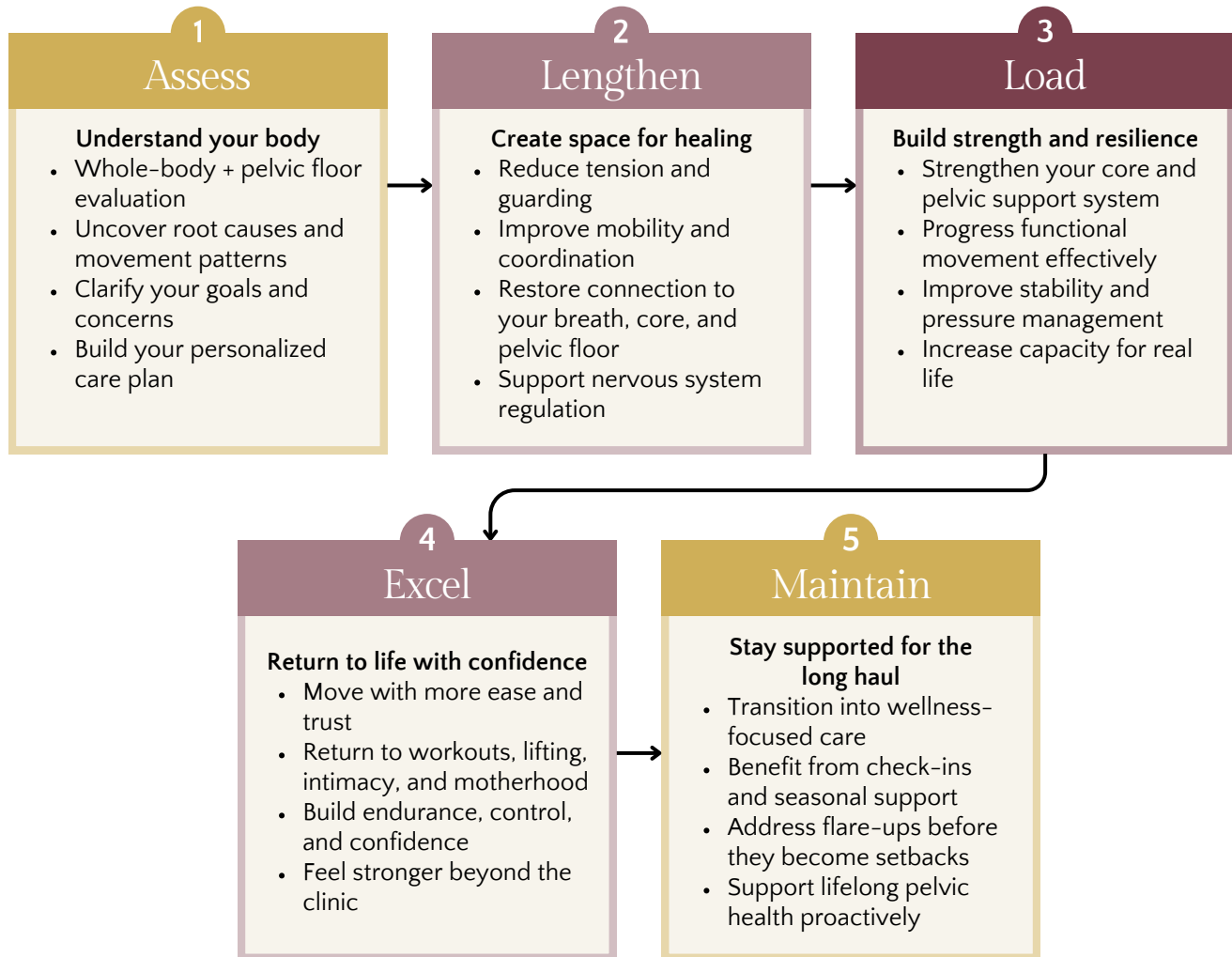


# The West Pelvic Wellness Method

**A whole-body path to healing, strength, and lifelong pelvic wellness.**

At West Pelvic Wellness, we take a holistic, whole-body approach to pelvic floor care. Whether you're here for physical therapy or wellness support, our method is designed to help you understand your body, restore function, build strength, and stay supported long after symptoms improve.



## Your care doesn't stop at symptom relief.

Whether you're navigating pain, leaking, prolapse, constipation, pregnancy, postpartum recovery, or simply wanting to feel stronger and more connected to your body—we're here to help.



Holistic Pelvic Floor Physical Therapy + Wellness Care | Katy, TX  
[www.westpelvicwellness.com](http://www.westpelvicwellness.com)