Pelvic Health Resources

North American Menopause Society (NAMS): 2022 Hormone therapy position statement

American College of Obstetricians and Gynecologists (ACOG) – consensus statements

Pelvic Health Blogs (on Beth Hoag’s website)
- Pelvic Pain After Cancer: The Silent Problem: https://bethhoagphysio.ca/3-ways-to-improve-your-pelvic-pain/
- How to Manage Constipation During Cancer Treatment: https://bethhoagphysio.ca/how-to-manage-constipation-during-cancer-treatment/

Finding a Pelvic Health Physiotherapist near you:
American Physical Therapy Association: Find a PT
Pelvic Health Resources

2800779.1687540893.1663179687-1973146854.1663179687

Canadian Physiotherapy Association – Women’s Health Division: Find a Physio
- https://www.womenshealthcpa.com/find-a-physio