

Pelvic Floor Rehabilitation

Helping people of all ages regain control



NORTHBAY™
Rehabilitation

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The Pelvic Floor Rehabilitation Program at NorthBay Healthcare provides women and men of all ages with tools to regain strength and function of the muscles that support the bladder, urethra and other organs within the pelvis.

Our team of therapists who specialize in conditions of the pelvic floor, will work with you to develop a treatment program that will help you reach your individual goals.

Some of the conditions we treat utilizing conservative treatment options include; bladder and/or bowel incontinence, pelvic organ prolapse, pelvic pain and symptoms resulting from pregnancy or postpartum.

Please visit NorthBay.org/laughoutloud to learn more about our program, meet our therapists and for upcoming informational sessions.



Lisa Heller, MPT
Physical Therapist



Michelle Saldana, PTA
Physical Therapy Assistant

Please call us (707) 646-5599

2500 Hilborn Rd., Fairfield

NorthBay.org/laughoutloud



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Our collaboration with Mayo Clinic, through the Mayo Clinic Care Network, allows more patients to stay close to home for answers to complex medical questions.

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