



# *inger Fitness and Rehabilitation*

*Women's Health Programs*



## **Physical Therapy for *Women***

- Chronic Pain
- Pelvic Pain
- Incontinence
- Abdominal and pelvic floor  
Re-training exercises
- Lymphedema
- Osteoporosis & Arthritis
- Work related stress and tension
- Athletic & Dance Sprain/Strain
- Musician & Work Repetitive  
Motion Injury
- Prenatal back pain, foot pain, etc
- Brace support recommendations
- C-section pain and scar massage
- Breast Feeding Strain
- Baby Care Mechanics
- Post-partum pain
- Ligament laxity problems
- Fitness Programs



*Get to the Root  
of the Problem!*

[Outreach@GingerFitness.com](mailto:Outreach@GingerFitness.com)

3 clinic locations in the Tampa Bay area

**813-631-9700**

### **3 clinic locations:**

27553 Cashford Circle Wesley Chapel, FL 33544

5035 E. Busch Blvd., Suite 10 Tampa, FL 33617

8455 West Linebaugh Avenue Tampa, FL 33625