

Sacramento Spine & Physical Therapy  
is pleased to announce the:  
**Women's Health  
Physical Therapy Program**  
(within the Roseville Health & Wellness Center)



Some of the common diagnosis the Women's Health program will cover:

- Pelvic floor dysfunction (prolapse, urgency/frequency, stress urinary incontinence, chronic constipation)
  - Pelvic Pain
- Gynecologic & Breast Oncology
- Pre & Post-natal patients

Heading up this program will be Amy Zipp, MS OTR/L who has over 5 years of experience in the realm of women's health, and over 8 years as a licensed clinician. Patients will have a balanced approach to address their diagnostic concerns, but Amy aims to also address the ways that these issues have contributed to dysfunction in physical well-being, but also in mental well-being. Amy has previous experience working in a pelvic-only clinic in the Sacramento. Patients will have one on one treatment with Amy, there are no aides used for treatment intervention. All evaluations will be 55 minutes and follow-up appointments range 45-55 minutes each. Amy's focus is often on the relationship between pelvic floor fitness, and how that aspect of deep core stability translates to improved movement patterns for the rest of the body.

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Most Insurances accepted