

Appendix I: Community Resources

Physiotherapy

Maryla Podgajny
On the Coast Physio
Sechelt, BC
604-989-6828
www.onthecoastphysio.com

Marcy Dayan
Dayan Physiotherapy Clinic
Vancouver, BC
South Granville: 604-737-7309
False Creek: 604-876-2344
www.envisionphysio.com

Kirsten Stålberg
Tapestry Health
Nanaimo, BC
(250) 729-7414
<https://tapestryhealth.ca/>

Gillian McCormick
Canopy Integrated Health
North Vancouver, BC
www.canopyhealth.ca/

Shannon Laurence
Comox Physio
Comox, BC
<https://www.comoxphysio.com>

Corrine Wade
Kare Physiotherapy
Kelowna, BC
250-717-7701
www.karephysio.com

Maryla Podgajny
On the Coast Physio
Vancouver, BC
604-989-6828
www.onthecoastphysio.com

Erin Gourlay
Kinetic Physiotherapy
Maple Ridge, BC
physiotherapywitherin@outlook.com
www.physiotherapywitherin.com

Laura Werner
Shelbourne Physiotherapy
Victoria, BC
250-381-9828
www.shelbournephysio.ca

Susannah Britnell
Urban Healing
Vancouver, BC
604-428-8688

Jody Ganton
LifeMark Physiotherapy
Victoria, BC
250-477-1441
mckenzie@lifemark.ca

Incontinence Clinics:

<https://www.fraserhealth.ca/Service-Directory/Services/Clinics/continence-clinic#.XPgrqolKipp>

Don't see a physio in your area? Check out the [BC Physiotherapist website](#):
"Find a Physio" – look for pelvic floor physiotherapy.

We encourage you to call the clinic and have a conversation with the staff and/or physiotherapist.

1. Ask them about their experience and expected treatment /experience.
2. Have they worked with EMG biofeedback?
3. What is their approach to the treatment?

Also keep in mind that if pelvic floor aspect is only a small part of their Area of Practice, then they might not have a lot of specialty experience with vulvodynia.