

Pelvic Floor Physiotherapy Community Resources

Vancouver/Lower Mainland:

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

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

Susannah Britnell
Urban Healing
Vancouver, BC
604-428-8688
<https://urbanhealingvancouver.janeapp.com>

Gillian McCormick
Canopy Integrated Health
North Vancouver, BC
(604) 973-0210
<https://physiogillian.com/>

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

Adriana Guenter
Langley Physiotherapy
Langley, BC
604-530-6511
<https://www.langleyphysiotherapy.com>

Jen LaRoy
Full Circle Physiotherapy
Chilliwack and Abbotsford, BC
<https://www.fullcirclephysiotherapy.com>

Vancouver Island:

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

Laura Werner
Laura Werner Physio
Victoria, BC
(250) 590-8352
<https://www.laurawerner.ca/>

Shannon Laurence
Comox Physio
Comox, BC
(250) 339-6221
<https://www.comoxphysio.com>

Jody Ganton
Function Center for Health
Victoria, BC
250-590-3595
<https://functioncenter4health.com/>

Shawna Neal
Function Center for Health
Victoria, BC
250-590-3595
shawna@functioncenter4health.ca
Dockside Physiotherapy
Victoria, BC
250-590-5840
<https://docksidephysio.com/>

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Interior:

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

Cathy Watson
Cathy Watson Physiotherapy
Vernon, BC
250-540-0203
<https://cathywatsonphysio.ca/>

Cara Humphreys
Engage Health
Kamloops, BC
(250) 372-1529
<http://www.engagehealthkamloops.com/>

Joanie Mercier
Wild Berry Pelvic Health Physiotherapy
Nelson, BC
250-353-8655
<https://wildberryphysiotherapy.com/>

Telma Hembruff
South Okanagan Physio
250-442-2244
<https://www.southokanaganphysio.com/>

Grand Forks, BC
Other BC:

Hannah Barnes
Trillium Integrative Health Centre
Smithers, BC
778-640-1119
<https://trillium-health.ca/>

Yvonne Schmidt
Williams Lake Physiotherapy Clinic
Williams Lake, BC
250-398-6771
<https://williamslakephysio.ca/>

Janelle Vandermeer
Mountain Coast Physiotherapy
Prince Rupert, BC
778-834-5263
<https://www.mountaincoastphysiotherapy.ca>

PG Pelvic Floor and Core
Prince George, BC
250-612-0526
<https://www.pelvicfloor.ca/>

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Don't see a physio in your area?

Check out the [BC Physiotherapist website](https://bcphysio.org/find-a-physio): (<https://bcphysio.org/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.