



# Prenatal Postnatal Therapy

LESLIE KREMER, DPT

## Dr Leslie Kremer

Dr. Leslie is a pelvic health physical therapist specializing in pregnancy care and birth healing. She helps moms maintain balance in their bodies during pregnancy to minimize pain and discomfort; have an easier, uncomplicated, lower intervention birth; and heal completely postpartum.

She is passionate about nurturing women on their journey through motherhood, and addresses all areas of your life that may impact recovery including rest, nutrition, and even processing the birth story.

*"I want women to know they can influence their birth and postpartum journey! It was through my own birth experiences and recoveries that I developed a desire to help other women during this stage of life. I was exposed to spinning babies during my 3rd pregnancy as I tried to better position my baby in preparation for a home birth. It was important for me to be proactive during the pregnancy to minimize pain and complications during labor. Then after my 4th delivery I was suffering from prolapse, diastasis recti, and bladder leakage. Through that recovery I knew I wanted to provide women a more holistic approach on this journey of healing, and do it in a way where they truly felt cared for."*

A complete recovery after baby's birth starts with caring for the mind, body and spirit during pregnancy. The goal is to avoid birth trauma and long term pelvic floor problems. Dr. Leslie has utilized her 20 years of experience as a physical therapist to develop her Better Births, Radical Recoveries program, which combines prenatal bodywork, exercise training, pelvic floor awareness and education to give women a more positive birth experience and postpartum recovery.



Dr. Leslie received her MS PT degree from Clarke College in 2002 and Doctor of PT degree in 2013 through Des Moines University. In addition to providing pregnancy and postpartum support to women, she also offers craniosacral therapy for babies struggling to adjust earthside to achieve balance in their bodies for less fussiness, improved sleep, and improved feeding.

When she is not in the clinic doing what she loves, she enjoys walking, biking, running, pilates, and yoga. She lives with her husband and 4 daughters in Cascade, IA.

- Pregnancy Care/Spinning Babies/Maternal Comfort
- Postnatal Recovery and Pelvic Health
- Bowel/Bladder and Abdominal Concerns
- Diastasis Recti and Core Re-training
- Hypopressive® Technique
- Painful Intercourse
- Scar Tissue Management
- Pelvic Pain Conditions (IC, endometriosis)
- Pelvic Organ Prolapse
- Craniosacral for Babies and Adults
- Visceral Manipulation

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