



Our Mission Statement

If you've experienced labor and delivery, whether via vaginal or caesarean birth, you likely connected to a strength deep within you that you may never have connected with before. As much as you birth a new baby, you also birth a new YOU! So much changes with the birth of your baby; your relationships, your priorities, your body. We developed Postpartum Essentials to help birthing people navigate the physical changes that occur after childbirth, with some hard won insights into the relationship and emotional changes sprinkled in there too, because we firmly believe that even though your priorities shift when you become a parent, your health is an essential part of the equation.

With 15 years of combined experience as doctors of physical therapy, pelvic health specialists Julianna Allen PT, DPT, WCS and Alexandr DiGrado, PT, DPT PRPC, fill a void in postpartum care through their From the Core to the Floor: Postpartum Essentials postpartum essentials virtual course. The course offers concrete steps to regain control of your bladder, bowel and sexual health as well as the core control strategies to care for your baby, return to exercise safely, and live your best life without pain.

Jullianna and Alex's main goal is to EMPOWER birthing people to connect with their bodies, advocate for themselves, and learn the skills needed for longterm pelvic health and wellbeing.