

1:1

MD
Psychology
Physiotherapy
Pharmacist
RN
Dietician
O.T.
Social work
Psychiatry

Orientation
Explaining Pain
Goals Group

Self Management
Relaxation

Smart Moves

Core Fundamentals
Mastering Activity

Psychology
assessment

PT assessment

Stretch: Upper &/or Lower Body
Pelvic Stretch
Trigger point
Aqua
Functional Recovery Group
1:1 Kinesiology

Sleep
Family workshop
Intimacy
Self Management
Maintenance

*Not applicable to
Vulvar program or
Medical Management
only*

