

FREQUENTLY ASKED QUESTIONS

1. What is pelvic floor therapy?

Pelvic floor therapy involves exercises and techniques designed to strengthen and rehabilitate the pelvic floor muscles. It can help address issues like incontinence, pelvic pain, and overall core stability, empowering women to improve their body function and feel better from the inside out.

2. How can this app help with postpartum recovery?

Our app offers tailored programs that focus on rehabilitating the body post-childbirth. It includes exercise routines, recipe ideas for nourishing meals, guided meditations for mental well-being, and a comprehensive education library. With our program tracking, water intake, and journaling options, you can seamlessly integrate recovery into your daily routine from the comfort of your home.

3. Is this app suitable for all stages of postpartum recovery?

Yes, our app is designed for all women, particularly those in the postpartum phase. We provide specialized programs that cater to various stages of recovery and different athletic backgrounds, making it easy to transition back into exercise and sports after having a baby.

4. What types of exercises are included in the program?

Our programs feature bodyweight exercises, with some incorporating small dumbbells and Pilates balls. These exercises are designed to be effective yet accessible, focusing on rebuilding strength and function.

5. Are the exercises safe to do after childbirth?

While our exercises are designed to be safe and effective for postpartum recovery, we advise all users to seek medical advice if they have specific medical conditions, especially those related to the pelvic floor. Your safety and well-being are our top priorities.

6. How do I know if I need pelvic floor therapy?

If you're experiencing symptoms such as urinary incontinence, pelvic pain, or difficulties with core stability, you may benefit from pelvic floor therapy. However, it's essential to consult with a healthcare professional for personalized guidance.

7. Can I use this app if I have specific medical conditions?

If you have any specific medical conditions—related or unrelated to your pelvic floor—we recommend seeking medical advice before starting our programs. Please note that HerBody is not liable for any complications arising from using the app without prior consultation.

8. What should I expect during my first program?

During your first program, you can expect a guided introduction to pelvic floor exercises tailored to your needs. The program will focus on rebuilding strength and function at a pace that feels right for you, with clear instructions and support throughout.

9. Is there a cost associated with using the app?

You can find the subscription costs on the website and on the app. Be sure to check out our social media and app for any discounts or trial offers.

10. Can I track my progress with this app?

Absolutely! Our app includes tracking features for exercises, water intake, journaling, and habit tracking, allowing you to monitor your progress and stay motivated on your recovery journey.

11. Will I have access to professional guidance or support?

For any questions or guidance regarding the app or your program, you can reach out via our contact form. We're here to help you on your journey to feeling your best! If it is something medically specific to your circumstance, we always encourage you to speak to your own healthcare professional before beginning a program.

12. What if I experience discomfort while using the app?

If you experience discomfort during any exercises, we advise stopping immediately and consulting with a healthcare professional. Your safety is paramount, and it's important to listen to your body.

13. How do I provide feedback or ask questions about the app?

We value your feedback! You can reach out through our contact form for any questions, queries, or direct feedback. We also encourage users to leave reviews to help us improve and serve you better.