

# PELVIC FLOOR PHYSICAL THERAPISTS

## ACCEPTS INSURANCES

### ALLIANCE PHYSICAL THERAPY

[www.allianceptsantacruz.com](http://www.allianceptsantacruz.com)

831-662-4547

7887 Soquel Dr. Ste D&E Aptos CA 95003

*Accepts CCAH Medi-Cal, Blue Shield, United, and Aetna PPO*

### CHOMP – MARINA WELLNESS CENTER

831-883-5640

2920 2nd Ave Marina CA 93955

*Accepts most insurances including Kaiser, Medicare and Medi-Cal*

### DOMINICAN OUTPATIENT REHAB

831-457-7057

111 Madrone St. Santa Cruz CA 95060

*Accepts most insurances including Kaiser, Medicare and Medi-Cal*

### JB PHYSICAL THERAPY

[www.jbphysicaltherapy.com](http://www.jbphysicaltherapy.com)

831-536-5115

212 Green Valley Road Freedom CA 95019

*Accepts Blue Shield PPO, Medicare, CCAH Medi-Cal, Cigna PPO*

### LUNA PHYSICAL THERAPY

Amelia Foster

(765) 585-1927

In-home (she comes to you!)

*Accepts Medicare and all PPO plans*

### PRECISION PHYSICAL THERAPY & FITNESS

[www.prefitpt.com](http://www.prefitpt.com)

831-464-8200

8030 Soquel Ave Suite #200

Santa Cruz CA 95062

*Accepts Kaiser, Medicare, Dignity, PAMF/Sutter HMO*

### SELECT PHYSICAL THERAPY

(831) 373-1209

929 Pacific St Monterey CA 93940

*Accepts most insurances including Tricare*

## PROVIDES SUPERBILLS

### JENNY PUTT PHYSICAL THERAPY

[www.jennyputtpt.com](http://www.jennyputtpt.com)

831-227-4331

[jennyputt@gmail.com](mailto:jennyputt@gmail.com)

1001 Delaware Ave Santa Cruz CA 95060

### MONARCH PILATES AND PHYSICAL THERAPY

[www.monarchpilates.com/repair](http://www.monarchpilates.com/repair)

(765) 585-1927

[ameliafosterdpt@gmail.com](mailto:ameliafosterdpt@gmail.com)

6894 A Soquel Ave Santa Cruz CA 95062

### MONTEREY PELVIC HEALTH

[www.montereypelvichealth.com](http://www.montereypelvichealth.com)

831-264-7286

[kyle@montereypelvichealth.com](mailto:kyle@montereypelvichealth.com)

1077 Cass St, Suite A Monterey CA 93940

### PELVIC POTENTIAL

[www.pelvicpotential.com](http://www.pelvicpotential.com)

831-219-8370

[sara@pelvicpotential.com](mailto:sara@pelvicpotential.com)

6233 Soquel Drive Suite E Aptos CA 95003

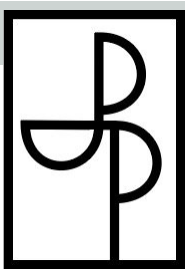
### SANTA CRUZ PELVIC HEALTH

[www.santacruzpelvichealth.com](http://www.santacruzpelvichealth.com)

831-461-8075

[taflyn@santacruzpelvichealth.com](mailto:taflyn@santacruzpelvichealth.com)

701 Mission St. Santa Cruz CA 95060



# PERINATAL PELVIC FLOOR RESOURCES

## PERINATAL PELVIC FLOOR CLASS SERIES

**The Circle Family Center by Jenny Putt PT**  
<https://www.thecirclefamilycenter.org>

**Dignity PEP - Coming Oct 2022**  
<https://www.dignityhealth.org/bayarea/locations/dominican/classes-and-events>

## VIRTUAL PROGRAMS

**Pregnancy & Postpartum**  
<https://jennyputtpt.com/virtual-programs/>

## CHILDBIRTH EDUCATION

**The Family Circle Center by Kim Guiley**  
<https://www.thecirclefamilycenter.org>

**Dignity PEP by Journey Talkovic CNM, WHNP**  
<https://www.dignityhealth.org/bayarea/locations/dominican/classes-and-events>

**C.H.E.S.S. Childbirth Education**  
**by Jenny Putt PT** *Coming Fall 2022*  
<https://jennyputtpt.com/chess-cbe/>

## EDUCATIONAL WORKSHOPS

**Blossom Birth & Family**  
Virtual, monthly by Jenny Putt PT  
<https://www.blossombirthandfamily.org/pelvicflooryoga.html>

**The Circle Family Center**  
In-person, monthly by Taflyn Wilschinsky PT  
<https://www.thecirclefamilycenter.org>

**Dignity PEP**  
Hybrid, monthly by Jenny Putt PT  
<https://www.dignityhealth.org/bayarea/locations/dominican/classes-and-events>

## PERINATAL FITNESS

**Fit4Mom**  
[www.santacruz.fit4mom.com](http://www.santacruz.fit4mom.com)

**SCG Fitness** (staff trained by Jenny Putt PT)  
<https://scgfitness.org>

**Virtual Fitness Programs - Coming Fall 2022**  
<https://jennyputtpt.com/perinatal-fitness/>

**Perinatal Yoga**  
The Family Circle Center  
Dignity PEP

## PELVIC TRAUMA

### Monarch Services

[www.monaarchsc.org](http://www.monaarchsc.org)

### Walnut Avenue Family and Women's Center

[www.wafwc.org](http://www.wafwc.org)

### Survivors Healing Center

[www.fsa-cc.org/survivors-healing-center](http://www.fsa-cc.org/survivors-healing-center)

### EMDR Therapists

Ariana Rice [www.kairoscw.com/ariana-rice](http://www.kairoscw.com/ariana-rice)

Jennifer Holt [www.drjenniferholt.com](http://www.drjenniferholt.com)

Lela Carney [www.santacruzakupuncturelc.com](http://www.santacruzakupuncturelc.com)

Rebecca Roth [www.rebeccarothmft.com](http://www.rebeccarothmft.com)

Karen Ouse [www.santacruztraumatherapist.com](http://www.santacruztraumatherapist.com)