



Welcome to a Different
combining physical therapy, yoga

Kind of Physical Therapy
and herbs to help you feel fabulous

Did you know PT can help with many pregnancy related issues?

- Labor preparation
- Postpartum urinary incontinence (prevention & treatment)
- Cesarean scar/pelvic floor healing
- Abdominal muscle separation
- Breastfeeding

Sage Physical Therapy and Sage Herbal Consulting offer comprehensive care dedicated to meeting your health goals throughout your childbearing years and beyond. Julie combines her years of experience with yoga, herbs and childbirth education in a unique approach to health. She considers your diet, sleep patterns, exercise, emotional well-being and musculoskeletal issues as you work together to create a plan to promote life-long health.



"You really helped me find myself again and feel like the woman I was pre-kids. I can't thank you enough for your expertise and kind spirit as we navigated the best course of action." -Jayne

Julie Pettler, MPT
Physical Therapist
Herbal Consultant
Yoga Teacher

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