



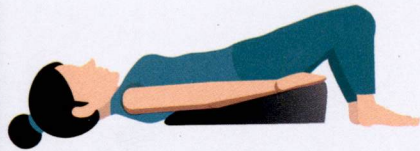
تمارين تقوية قاع الحوض من الأسهل الى الأصعب

Pelvic Floor Exercises from easy to strong

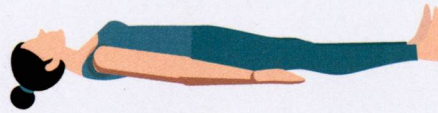


Pelvic Floor PT

1



2



3



4



5



6

