

About Me

Alex Hale is a Physiotherapist who specializes in Pelvic Floor and Pediatric Care. Alex takes a whole person approach to her assessment and treatment and feels as though all parts of a person need to be considered for optimal rehab outcomes. She also uses patients' goals to make rehab personal and meaningful. Pelvic Health concerns can affect many individuals at different points in life and is not exclusive to women. Men, non binary and children are also welcome to receive pelvic health care! Alex is also passionate about supporting children in their development.

Outside of the clinic, Alex enjoys spending time with her children and husband, exploring the island! Alex also teaches in the VIU Kinesiology department and takes pride in educating the next generation. Alex also loves a good "dad joke" and you will often hear much laughter coming from the treatment room.



It takes a village...
I am here to be a part of yours

Contact

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www.elevate-physiotherapy.com

**email preferred*



ELEVATE PHYSIOTHERAPY

PELVIC FLOOR & PEDIATRICS

www.elevate-physiotherapy.com

Physiotherapy



Pelvic Floor Physiotherapy

For support in various concerns such as leaking pee, poop, gas, constipation, urinary urgency, pain with penetration or sexual dysfunction, recurrent low back pain, hip pain and so much more!

Any body with a pelvis can benefit (men, women, non-binary! We are an inclusive space.



Pediatric Bowel and Bladder

Have a child with chronic constipation? A child who was potty trained, but still wetting the bed for longer than expected? Support for potty training?



Pediatric Physiotherapy

Physiotherapy for kiddos can include infants with body tension, feeding difficulties, looking preference (torticollis), head shape, gross motor skills, clumsy kiddos, pain, children born with different abilities or genetic conditions and more!



Strength and Conditioning

Maintaining a healthy life style involves resistance training. Physiotherapy can help you develop a plan that works for you! You can strength train at the clinic or a plan can be set up for your convenience at home or gym. Strength training during pregnancy is **SAFE** and encouraged in healthy pregnancies! Doing so results in less pain, improves healing time and reduces complications such as diabetes and depression.



Perinatal Care

Leaking pee may be common, but its not normal! There are many changes in pregnancy, but your pelvic health doesnt have to be one of them! Seek support for an activity pregnancy, labour and delivery support as well as postpartum rehabilitation. Start sooner than later in your pregnancy (typically around 12 weeks). Better yet, before you conceive!

Request an Appointment Here



Clinic Hours

Monday - Thursday
915am-215pm

Location - Sage Clinic
102-125 Wallace Street
Nanaimo, BC