



A Little About Me

I am a mom to an awesome little boy named Hudson and am recently back to work from maternity leave. After working at other franchised physiotherapy clinics, I realized I would need to open my own clinic in order to provide the kind of care I felt my patients deserved. On July 1st of this year I opened my clinic downtown Glen Williams in a beautiful century old building. I see a wide variety of patients and conditions, but my passion lies in womens' health. Having my son reaffirmed the importance of pelvic floor physiotherapy in my mind and was a big reason why I decided to go out on my own. This way I am able to treat patients the way I would want to be treated. I offer longer appointment times, more flexibility in my schedule, and a quiet, PRIVATE setting where moms can feel comfortable to bring their babies and children. Not to mention no sideways glances from other patients if their little one decides to get loud. I even stock my space with developmentally appropriate toys!

Taryn Swit MSc (PT), BHSc
 Registered Physiotherapist
 Certified Pelvic Health Therapist Medical
 Acupuncturist
 Level 3 Manual Therapist

Conditions I Treat

Listed below are common conditions you may see in your practice that I am able to treat, for both mom and baby.

MOM:

- Urinary and Fecal Incontinence
- Stress Incontinence: loosing control of your bladder or bowels with exercise, coughing, laughing, etc.
- Urgency Incontinence: an uncontrollable urge to use the bathroom followed by loss of control of bladder or bowel
- Pelvic Organ Prolapse: Bladder (cystocele), Rectum (rectocele), Uterine Prolapse
- Prenatal and Postnatal Care
- Diastasis Recti
- Sexual dysfunction i.e. pain with intercourse
- Low back pain, pelvic pain.... AND MORE!

BABY:

- Torticollis
- Physical developmental delays: delayed rolling, crawling, walking, etc.

