

Frequently Asked Questions

How are Queenie's Mommy Workout Programs different from other online exercise programs, exercise apps or free online content?

- Queenie is an experienced pelvic physiotherapist, working with you one-on-one.
- Giving birth is a lot of work on your body! Before you can safely return to your previous workouts and activities, it's important to learn the appropriate movements and exercises that help your body heal from the inside to the outside. Proper rehabilitation after birth reduces your risk for future problems like bladder or bowel incontinence, low back pain and many other aches and pains!
- Queenie provides you with video-demonstration, direct cueing and feedback in realtime during the session.
- Online content and app workouts may not be designed specifically for you. Queenie's programs are personalized for your body and your health.
- As a pelvic physiotherapist, Queenie designs you a unique home exercise program based on your movement assessment, health history and goals. No two routines are identical!
- Programs are personalized for your body and your health.
- Queenie's programs empower you to move mindfully, heal and avoid injury.

Note: Please review the SCREENING QUESTIONS before considering joining a Mommy Workout Program.