# ENCORE: Beyond Kegels: Comprehensive Pelvic Health with Dr. Sara Reardon

written by Dr. Ronald Hoffman | September 23, 2026

From childbirth to everyday activities, our pelvic health often goes unnoticed until it’s too late. This is a fascinating discussion with Dr. Sara Reardon, author of “Floored,” on understanding and maintaining pelvic health at all stages of life, whether you’re an athlete or a couch surfer.