



The **Endo** Educational
Organization of Canada

Resource Library: Amy Stein

“Amy Stein, DPT, BCB-PMD, IF (Doctorate of Physical Therapy, SEMG Biofeedback Certification –Pelvic Muscle Dysfunction, International Society of the Study of Women’s Health Fellow) is a leading expert and at the forefront of treating pelvic floor dysfunction, pelvic pain, women’s health, and functional manual therapy for men, women, and children. She is the founder of, and a premier practitioner at Beyond Basics Physical Therapy in NYC. She is the author of the award-winning book, *Heal Pelvic Pain*, an easy-read, self-help book and created a video called *Healing Pelvic and Abdominal Pain: The ultimate home program for patients and a guide for practitioners*. Her second book, *Beating Endo: How to Reclaim Your Life from Endometriosis*, offers readers an anti-inflammatory lifestyle protocol that incorporates physical therapy, nutrition, mindfulness, and environment to systematically address the conditions associated with endometriosis.” -
Beyond Basics Physical Therapy Website

We support this resource because Amy Stein’s knowledge surrounding endometriosis & pelvic floor issues is life-changing for many patients. After meeting Amy at an endometriosis conference, reading her material, and listening to her speeches our organization recognized how rarely we speak about pelvic floor issues and as a result how vital her work is. You can find Amy Stein and her practice Beyond Basics Physical Therapy on Facebook, Instagram and the web.

Link to Amy Stein’s Website
<http://www.healpelvicpain.com>