DR. CAROLINE PACKARD, DPT

DOCTOR OF PHYSICAL THERAPY | PELVIC FLOOR PHYSICAL THERAPIST

Founder, Connect Pelvic Floor Fitness



Dr. Caroline Packard, DPT, is a Doctor of Physical Therapy and pelvic floor physical therapist, certified yoga instructor, lifelong athlete and mother of three. She's the founder of Connect Pelvic Floor Fitness, an online platform that treats the pelvic floor as the foundation of total-body strength.

After navigating her own pelvic floor dysfunction following pregnancy, Caroline built the program she wished had existed, one that pairs pelvic floor education with real, progressive strength training. With 15+ years of clinical experience, she's a trusted voice on women's pelvic health, fitness, posture and movement, and she's helped more than 100,000 women address pelvic floor dysfunction and rebuild functional strength.

Warm, direct and camera-ready, Caroline takes a topic that can feel embarrassing or clinical and makes it clear, practical and hopeful. Her message to every woman: you're not broken, and there's a clear path forward.

100,000+	480K+	15+ years	850+
WOMEN HELPED	INSTAGRAM FOLLOWERS	CLINICAL EXPERIENCE	GUIDED CONNECT WORKOUTS

AS SEEN IN

Newsweek · CNN Underscored · HuffPost · BuzzFeed · Real Simple
Parents · Woman's World · Fit&Well · The Bump · Yahoo Health

SUGGESTED TOPICS

1 The Missing Link in Women's Fitness: Your Pelvic Floor
Why pelvic floor function affects core strength, posture, back health, lifting, running and healthy aging, even for women who don't think they have a "pelvic floor problem."

2 Lift Heavy Without Leaking
Why pelvic floor symptoms quietly hold women back from strength training, running and impact, and how to train with your pelvic floor instead of around it.

3 It's Not Just Menopause
How hormone shifts, muscle loss, deconditioning and pelvic floor function collide in midlife, and what women can actually do about it.

4 "Cleared at Six Weeks" Isn't a Return-to-Fitness Plan
What postpartum women actually need before they get back to running, lifting and the workouts they love.

5 Beyond Kegels: Stop Sucking It In
How breath, pressure, posture, glutes and chronic gripping affect the pelvic floor, and the old fitness habits that can backfire.

SUGGESTED QUESTIONS

Why should a woman who doesn't leak or have obvious pelvic floor symptoms care about her pelvic floor?

Why is "just do Kegels" incomplete advice for so many women?

How can a woman tell if her pelvic floor is weak, tight or just not coordinating well?

What should active women know before lifting heavier or returning to running?

What happens to the pelvic floor in perimenopause and menopause, and what can women do about it?

How did your own pelvic floor dysfunction after pregnancy lead you to build Connect?

RECENT PODCAST APPEARANCES

The Optimal Body Beyond Kegels: Building a Stronger Pelvic Floor for Running, Lifting & Everyday Life (2026)
Inspire Fitness Leaking, lifting and your pelvic floor in midlife (2026)
The Pelvic Floor Project From rehab to performance after pelvic floor PT (2026)
Muscle Science for Women Pelvic floor health and strength training (2026)
Coach 'Em Up Why your pelvic floor dysfunction isn't getting better (2026)
Luminescence (live community Q&A) Campfire Q&A with Caroline Packard, DPT (2026)
Make Fit Simple (two episodes) Rib flare and ab gripping; flat butt and the pelvic floor (2023, 2024)
Love Raising Us The power of the pelvic floor (2022)
Healthy by Heather Brown It's never too late for pelvic floor rehab (2022)

BOOK CAROLINE

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