

MEDIA BIO

CONNECT
PELVIC FLOOR FITNESS

Dr. Caroline Packard, DPT

HOW TO CREDIT CAROLINE

Dr. Caroline Packard, DPT, pelvic floor physical therapist and founder of Connect Pelvic Floor Fitness

480K+

Instagram followers
@carolinepackarddpt

CAROLINE SPEAKS ON

- Pelvic health from postpartum through menopause
- Strength training and running
- Leaking, prolapse and diastasis recti
- Breathwork and core function
- Why Kegels alone don't work
- Posture, sexual health and longevity

MEDIA CONTACT

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SHORT BIO

Dr. Caroline Packard, DPT, is a Doctor of Physical Therapy and pelvic floor physical therapist with 15+ years of clinical experience, a certified yoga instructor and mother of three. After experiencing pelvic floor dysfunction following pregnancy, she founded Connect Pelvic Floor Fitness, an on-demand fitness membership that brings pelvic floor education and real strength training together. She's helped more than 100,000 women address pelvic floor dysfunction and rebuild functional strength.

FULL BIO

Dr. Caroline Packard, DPT, built Connect Pelvic Floor Fitness because she needed it. A lifelong athlete who loved marathon running and strength training, she developed pelvic floor dysfunction following pregnancy and found surface-level fixes, advice to stop the activities she loved and no realistic path back to strength. So she created the program she wished had existed, one designed to bridge the gap between rehabilitation and real fitness.

A Doctor of Physical Therapy and pelvic floor physical therapist with 15+ years of clinical experience, Caroline is also a certified yoga instructor and mother of three. Today she leads a growing team of expert Connect coaches who all teach the method she developed.

A trusted voice on women's pelvic health, fitness, posture, and movement, Caroline brings rare directness to a topic too often surrounded by embarrassment or medical jargon, translating complex ideas about the body into clear, practical guidance. She reaches women at every life stage, from postpartum moms unsure how to return to movement to women in midlife and beyond who refuse to accept that leaking, pain or instability is simply the price of aging.

Caroline has helped more than 100,000 women address pelvic floor dysfunction and rebuild functional strength, and her message is consistent: women aren't broken, their symptoms have real, solvable causes, and there's a clear path forward.