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HEALTH AND SAFETY CODE - HSC

DIVISION 106. PERSONAL HEALTH CARE (INCLUDING MATERNAL, CHILD, AND ADOLESCENT) [123100 - 125850] (*Division 106 added by Stats. 1995, Ch. 415, Sec. 8.)*

PART 2. MATERNAL, CHILD, AND ADOLESCENT HEALTH [123225 - 124250] (*Part 2 added by Stats. 1995, Ch. 415, Sec. 8.)*

CHAPTER 2. Maternal Health [123375 - 123643] (*Chapter 2 added by Stats. 1995, Ch. 415, Sec. 8.)*

ARTICLE 8. San Diego County Pelvic Floor and Core Conditioning Pilot Program [123643- 123643.] (*Article 8 added by Stats. 2024, Ch. 202, Sec. 1.)*

123643. (a) (1) Commencing January 1, 2026, until January 1, 2029, San Diego County may establish a pilot program for pelvic floor and core conditioning group classes.

(2) The classes shall be a combination of yoga and pilates exercises that strengthen the pelvic floor muscles. The classes shall be provided to people twice a week between their 6-to-12-week postpartum window to help people rebuild their pelvic floor after pregnancy.

(b) The program shall require all postpartum providers who teach the classes to be certified.

(c) The program shall record the following information to directly assess pelvic floor changes, including, but not limited to, both of the following:

(1) The number of incontinent episodes per week before and after the exercises.

(2) Any changes with varied increases or decreases in intraabdominal pressure, including leaking with a jump, cough, or sneeze.

(*Added by Stats. 2024, Ch. 202, Sec. 1. (AB 2756) Effective January 1, 2025.*)