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AB-2756 Pelvic Floor and Core Conditioning Pilot Program. (2023-2024)

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Date Published: 08/26/2024 09:00 PM

Assembly Bill No. 2756

CHAPTER 202

An act to add Article 8 (commencing with Section 123643) to Chapter 2 of Part 2 of Division 106 of the Health and Safety Code, relating to maternal health.

[Approved by Governor August 26, 2024. Filed with Secretary of State August 26, 2024.]

LEGISLATIVE COUNSEL'S DIGEST

AB 2756, Boerner. Pelvic Floor and Core Conditioning Pilot Program.

Existing law finds and declares that postpartum care, among other things, is an essential service necessary to ensure maternal health. Existing law establishes the State Department of Health Care Services, and requires the department to, among other things, maintain programs relating to maternal health.

This bill would, commencing January 1, 2026, until January 1, 2029, authorize San Diego County to establish a pilot program for pelvic floor and core conditioning group classes that would be provided to people twice a week between their 6 to 12 week postpartum window to help people rebuild their pelvic floor after pregnancy. The bill would require the program to record specified information to directly assess pelvic floor changes.

This bill would make legislative findings and declarations as to the necessity of a special statute for San Diego County.

Vote: majority Appropriation: no Fiscal Committee: no Local Program: no

THE PEOPLE OF THE STATE OF CALIFORNIA DO ENACT AS FOLLOWS:

SECTION 1. Article 8 (commencing with Section 123643) is added to Chapter 2 of Part 2 of Division 106 of the Health and Safety Code, to read:

Article 8. San Diego County Pelvic Floor and Core Conditioning Pilot Program

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.

SEC. 2. The Legislature finds and declares that a special statute is necessary and that a general statute cannot be made applicable within the meaning of Section 16 of Article IV of the California Constitution because of the unique availability of providers and patient need for pelvic floor and core conditioning group classes within San Diego County.