

Date of Hearing: April 8, 2026

ASSEMBLY COMMITTEE ON APPROPRIATIONS

Buffy Wicks, Chair

AB 1910 (Boerner) – As Introduced February 12, 2026

Policy Committee: Health

Vote: 16 - 0

Urgency: No

State Mandated Local Program: No

Reimbursable: No

SUMMARY:

This bill requires the California Department of Public Health (CDPH) post information about pelvic floor therapy resources to a web page on its public website relating to pregnancy and reproductive health.

FISCAL EFFECT:

General Fund costs of an unknown amount, potentially over \$150,000, to CDPH.

The Legislative Analyst's Office recently warned of structural deficits of around \$35 billion per year in the 2027-28 fiscal year and ongoing.

COMMENTS:

1) **Purpose.** According to the author:

One in three people who have given birth will experience a pelvic floor disorder in their lifetime. There are people every day dealing with functional problems that could have been avoided with preventative postpartum pelvic floor care. If we support new parents before they give birth, we should support them through their healing journey. [This bill] adds resources to a trusted state website and offers people the ability to access those resources and information to avoid long-term issues with pelvic floor disorders.

2) **Background. Pelvic Floor Disorders.** The pelvic floor is a group of muscles and tissues that support important organs like the bladder, urethra, anus, and internal reproductive organs. These muscles help keep the pelvic organs in place and sustain bladder and bowel control. Pelvic Floor Disorders (PFDs) occur when the pelvic muscles and connective tissue in the pelvis weaken or are injured and are common in birthing people after pregnancy and delivery. Women with PFDs experience poor body image and self-esteem. Further, approximately 23% of women with urinary incontinence miss work due to their symptoms.

Pelvic Floor Therapy. Pelvic floor therapy is a type of physical therapy that helps strengthen or relax pelvic floor muscles to prevent, treat or manage the symptoms of PFDs. Pelvic floor therapy can help people improve core stability and control over urination, bowel movements, and sexual function through a combination of exercise and other nonsurgical treatments. The

American College of Obstetricians and Gynecologists recommends obstetricians refer postpartum women to specialized support services, including physical therapy, on an as-needed basis. Research suggests that enhancing understanding during pregnancy of pelvic floor function and the potential for injury in the context of pregnancy and childbirth, as well as the timeline for postpartum rehabilitation, may be an important piece of optimizing health in the period following childbirth. The American Physical Therapy Association asserts that the average net benefit of treating stress urinary incontinence with physical therapy is estimated to be \$10,129 per episode of care.

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