



## Rehabilitation for the Postpartum Woman

All women experience significant changes in their bodies during and after pregnancy and can benefit from a postpartum physical therapy evaluation. An evaluation and individualized treatment plan can help women achieve their maximum potential to care for their new baby and prevent later complications such as urinary incontinence, pelvic pain, and prolapse. Our services include:

- **Musculoskeletal examination** examines external and pelvic floor muscle groups for length, strength, and motor control, evaluation of myofascial trigger points, connective tissue restrictions, adverse neural tension, and structure and biomechanics
- **Assessment and correction of Diastasis Recti** (separation of the rectus abdominus muscle which commonly occurs during healthy pregnancies and contributes to pelvic floor dysfunction)
- **Scar mobilization for Cesarean section, episiotomy, and vaginal scars**

Unfortunately, the stresses of pregnancy, vaginal deliveries, and C-sections can lead to myofascial complications follow-

ing the birth of the baby. Many women suffer in silence or their concerns are dismissed by well-intending physicians because 'they just had a baby.' Women may complain of dyspareunia, diminished orgasm, urinary frequency, urgency, or leaking, vulvovaginal pain, tailbone, rectal or pelvic pain, constipation or trouble evacuating, and pain or difficulty with exercise. Many of these symptoms can be easily treated by a physical therapist at the Pelvic Health and Rehabilitation Center. The therapists utilize manual therapy techniques to treat urinary, bowel, sexual dysfunction and myofascial pelvic pain. An individualized restorative Home Exercise Program will also be prescribed to the patient to improve strength and function and avoid future impairments.

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