Pregnancy & Physical Therapy

A healthy pregnancy results in quicker recovery, quicker return to prior activities, and improved ability to care for oneself, baby, and other children.

- Helps to maintain healthy activity level
- Helps to maintain healthy weight
- Focus on posture, movement patterns, biomechanics, & positioning
- Pain Management
  - When patient does not want or cannot have epidural
  - Positions that are possible with epidural
- Labor prep and delivery exercises
- Continual support and resource throughout and after pregnancy

Pregnancy symptoms that Pelvic Floor Physical Therapy treats:

- Urinary incontinence
- Back, hip, & pelvic pain
- Pubic symphysis, dysfunction and pain
- Carpal tunnel
- Edema & swelling
- Urinary frequency & urgency
- Sciatica
- SIJ dysfunction & pain
- Pain with intercourse