



Physical Therapy for Pregnancy Related Issues

Problems that Improve with Physical Therapy, Evaluation and Treatment

Prevention and Wellness

Physical therapy is the perfect platform to address any and all of the following problems and dysfunctions, including pelvic organ prolapse, urinary incontinence, pelvic and low back pain via patient education, exercises and manual therapy.

Sacroiliac, Tailbone, Hip, and Low Back Pain

Assessment for joint mobility and stability, flexibility, myofascial mobility, muscle strength, movement patterns and posture are performed. Treatment with manual therapy and therapeutic exercises and a home exercise program is provided, including education on proper body mechanics.

Urinary Problems

(Stress Incontinence, Urge Incontinence, Urgency/Frequency)

Patients will undergo education and training in proper habits (diet, toilet positioning and use of muscles for control of bladder). Individualized pelvic floor exercise (Kegel) instruction based on assessment of the pelvic muscles is provided. Treatment can include biofeedback, an individualized progressive exercise program and/or education on behavioral treatment techniques (bladder retraining and the urge deference technique).

Carpal Tunnel/ Thoracic Outlet Syndrome

Postural assessment of head, shoulders and arms is performed. Assessment for joint mobility, ROM, muscular strength and flexibility are also performed. Treatment can include manual therapy, therapeutic exercises, education on bracing and modalities to calm inflammation.

Circulatory Problems

(Leg Varicosities, Hemorrhoids, Leg Cramps, Vulvar Pressure)

Patients will undergo education of appropriate exercises, stretches and tools to assist with circulation. Treatment may include manual therapy, massage, stretches and education on support garments, how to avoid straining and positioning.

Foot/Ankle Pain

Patients will be educated on proper footwear, appropriate supportive devices/shoe wear and cushioning. Treatment will consist of soft tissue massage, joint mobilization and education on exercises and stretches.