



Physical Therapy for Post Partum Related Issues

Problems that Improve with Physical Therapy, Evaluation and Treatment

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 a lumbopelvic stabilization exercise program and proper posture and body mechanics for such tasks as lifting/carrying and nursing.

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 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).

Pelvic Pain or Painful Intercourse

Scarring to the perineum from traumatic childbirth and episiotomies can cause tight pelvic floor muscles and contribute to painful sexual activity and other pelvic pain conditions. Special training is provided for pelvic floor muscle control, stretching and relaxation. Treatment will also consist of manual therapy and education on self-treatment techniques.

Pelvic Organ Prolapse

Patients will be educated on an individualized therapeutic pelvic floor exercise (Kegel) program based on each patient's current muscular strength and endurance. Treatment will also consist of education on proper positioning, decreasing straining/valsalva maneuver and a lumbopelvic stabilization exercise program.

Abdominal Dysfunctions

(Diastasis Recti and Adhered C-Section Scar)

Patients will also be educated on new approaches to abdominal stabilization and strengthening exercises that can create an internal girdle of muscle support. S/P Cesarean

Section Scar, patient would undergo education on self soft tissue/scar massage to decrease adhesions and improve soft tissue mobility.