

Post-Partum Health

- Postpartum back and pelvic pain
- Pelvic Floor muscles
- Postpartum posture and body mechanics
- Get your belly back
- Cesarean scar or episiotomy management
- Postpartum sexual healing



When is the best time to see a PT?

- Optimally, 6-12 weeks post-partum
- But it's never too late to see a physical therapist!

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Contact us today!

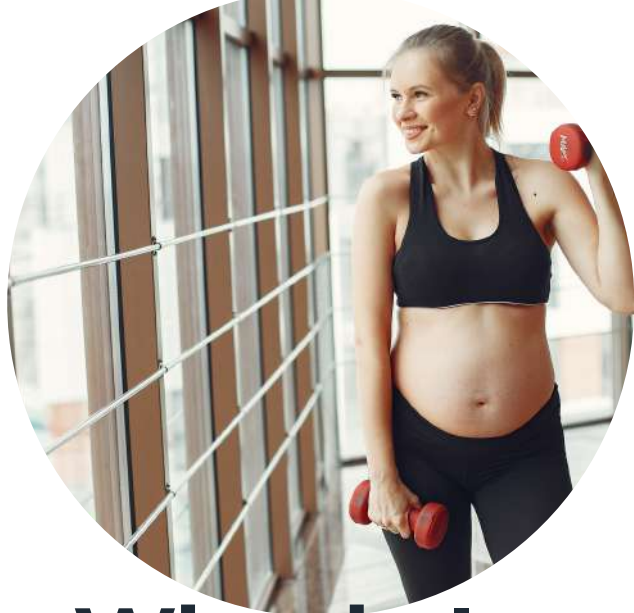
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Feel better NOW!

Gold Star Physical Therapy, PLC

Post-Partum Physical Therapy Program



Why do I need to see a PT?

To evaluate and treat:

- Back, neck, or pelvic pain
- Urinary or fecal incontinence
- Pelvic organ prolapse
- Urinary frequency
- Pain with sexual intercourse
- Pain with lifting baby or with ADL's
- Difficulty returning to an active lifestyle
- Scar massage/management
- diastasis recti

Schedule an appt in our clinic today!

What will my PT evaluate?

- internal and external pelvic floor muscle tone, pain, strength, and coordination
- Abdominal separation, aka diastasis recti
- Posture, flexibility, strength
- Mobility of episiotomy or c-section scar

What should I expect during treatment?

- Hands-on manual therapy to treat pain and improve scar mobility
- Manual therapy and exercise to increase abdominal and spinal strength and stability
- Body mechanics training for ADL's with baby
- Supervised program to return to fitness, running, and exercise classes



The Fourth Trimester

The first three months after baby is born is known as the fourth trimester. It is so important to take care of yourself during this time. Part of letting your body heal is making sure you get the help you need!

Postpartum conditions discussed in this pamphlet are very common and can be well-managed with PT. Make sure to discuss all your symptoms with your doctor and find the best approach possible to help yourself heal!

