

Physical Therapy During and After Pregnancy

THE JOYS OF MOTHERHOOD CAN ALSO COME WITH LOW BACK OR PELVIC GIRDLE PAIN. This may be true for many women, but it doesn't mean that you have to live with it.

Compass Physical Therapy can treat this with the use of the below to ease your pain:

- Exercise
- Aquatic Therapy
- Manual Therapy
- Education

Studies show that 24-90% of women experience low back or pelvic girdle pain during pregnancy. Most people think that the pain will simply go away after the baby is born, but, in many cases, this is not true. With an individualized treatment program during your pregnancy or after delivery, your pain can be minimized to allow you to perform your normal daily activities. For most healthy pregnancies it is safe to perform regular exercise, and many are encouraged to do so. **The American College of Obstetricians and Gynecologist (ACOG) recommends 30 minutes or more of moderate exercise a day on most days of the week for pregnant women, in the absence of either medical or obstetric complications.**

Depending on your specific needs, treatment by a physical therapist focuses on reducing pain and improving function during and after pregnancy. Recommendations can be given for:

- Sleeping positions
- Exercises to help with postural alignment
- Exercises for strengthening and flexibility
- Bracing for the lower back with the use of a SI belt



Aquatic Therapy offers additional advantages beyond a land-based physical therapy program. **Compass Physical Therapy offers one of the largest warm-water therapy pools in the Lansing area.** The additional benefits of performing exercise in the warm water include improved **endurance, decreased pain with exercise, decreased edema, and improved weight control during pregnancy.** The warm water not only has benefits of soothing sore muscles, but also it minimizes the risk of joint injuries in a safe environment.



compass.rehab

THE BENEFITS FOR PHYSICAL THERAPY DURING PREGNANCY EXTEND THROUGH CHILDBIRTH AND CAN SPEED POSTPARTUM RECOVERY. Research suggests benefits to include:

- Increased stamina for labor with less perceived exertion during labor
- Fewer caesarean births
- Preventing excess weight gain
- Decreased risk of gestational diabetes and better management of patients with gestational diabetes
- Decrease risk of pre-eclampsia
- Improved posture and decreased musculoskeletal dysfunction
- Reduces stress, anxiety, and insomnia
- Preventing postpartum depression
- Improved self-body image
- Fewer sick days off work due to pregnancy-related issues.

If you are experiencing low back pain that is preventing you from doing your normal daily activities during or after pregnancy, ask your physician if physical therapy can help you.



250 East Saginaw
East Lansing, MI 48823
P 517.337.3080