

## PREGNANCY ISSUES PHYSICAL THERAPY CAN ADDRESS

- Developing an exercise program during or post-pregnancy
- Mid-back and Low-back pain
- Tailbone pain
- Pelvic pain
- Old, painful c-section or episiotomy scars
- Urinary or bowel leakage
- Constipation
- Headaches/neck pain
- Shoulder pain
- Swelling
- Poor sleeping
- Preventing bed rest complications
- Abdominal weakness
- Blocked/plugged milk ducts
- Pain with intercourse

## CONTACT US

Patients can be evaluated and treated by our physical therapists without a doctor's referral.

Our specialized Women's Health Physical Therapists are located at Hendricks Regional Health Danville and Hendricks Regional Health YMCA in Avon.

To schedule an appointment with either office, call **(317) 745-3420**.



**HENDRICKS.ORG**  
**(317) 745-3420**

**WOMEN'S PHYSICAL  
THERAPY TEAM**

**Avon YMCA**

301 Satori Parkway | Avon, IN 46123

**Danville**

1000 East Main Street | Danville, IN 46122



**Hendricks**  
Regional Health

**PHYSICAL THERAPY**  
**PREGNANCY & POST-PREGNANCY**



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## WHAT DOES A WOMEN'S HEALTH PHYSICAL THERAPIST DO?

The emphasis of health sciences on fitness and wellness has brought awareness for women to pay closer attention to their bodies during recreation, work and throughout life. Our physical therapists have specialized training which benefit women with a variety of medical conditions. These therapists use every facet of their physical therapy training to evaluate and treat female patients - promoting and enhancing health through the years. All treatments are individually designed after thorough evaluation.

### PHYSICAL THERAPY SPECIALTIES:

- Bowel Incontinence
- Breast Cancer
- Constipation
- Pediatric Pelvic Health
- Fibromyalgia
- Lymphedema
- Male Pelvic Health
- Osteoporosis
- Pelvic Pain
- Urinary Incontinence

## PAIN DURING PREGNANCY

With your body changing shape to accommodate a growing baby, it is not unusual to experience different aches and pains throughout your body. Physical therapy can help you manage these discomforts and teach you how to prevent

further issues down the road while caring for your newborn. Back pain is common during pregnancy, especially during the third trimester. This is typically due to hormones causing increased laxity in your joints and increasing the pull and strain of your muscles in your back and pelvis. Other issues that arise may be from the pressure of your baby pushing on ligaments or nerves causing discomfort in parts of your abdomen and/or legs.

Treatments to combat these aches and pains during pregnancy can include stretches, decompression of the abdomen and nerves with braces/supports or manual pressure, exercises to stabilize the low back and pelvis, teaching proper body mechanics/good posture, and teaching good sleeping positions.

Preparing for labor and delivery is likely something you have not thought that much about; however physical therapy can help prepare your body for this process. Old c-section or episiotomy scars can be painful. Sometimes, if worked on with manual techniques, the scar tissue can be more prepared for stretching during labor and delivery. Perineal massage is one such technique that can prepare the vaginal tissue, thus decreasing the chances of tearing. There are also different positions for labor and delivery that may be more beneficial to decrease pain for old or current musculoskeletal issues.

## BLADDER & BOWEL ISSUES

Urinary leakage is a frequent occurrence that can begin with pregnancy. However, this is something that can be changed with pelvic floor exercises, correct body mechanics to reduce force on the bladder and modified fluid intake/bladder habits.

Constipation is also something commonly experienced due to decreased movement of food through the digestive tract because of relaxing muscles from increased progesterone. With some diet modifications, colon massage, and other education, physical therapy can help you manage this discomfort and show you how to improve your bowel and bladder health.

## POST-PREGNANCY PAIN

After giving birth, vaginally or by cesarean section, many women suffer from abdominal and pelvic discomfort along with weakness. Core stability training, pelvic floor strengthening and scar work are a couple of methods utilized by specialized physical therapists for these conditions.

Painful intercourse can also be experienced following delivery. Physical therapy uses a variety of treatment options to assist in restoring your pelvis and body to enjoy sexual activity again.