



Pregnancy & Post-Partum Physical Therapy

If you are encountering problems during your pregnancy or after delivery, please don't stress. Many women are able to find pain relief by going to physical therapy.

A licensed physical therapist, specifically trained in women's health, can evaluate and address the physical issues affecting you.

Common Complaints During Pregnancy:

- Postural stresses
- Pelvic girdle instability pain
- Back pain or SI joint dysfunction
- Nerve entrapment syndromes: carpal tunnel, tarsal tunnel, thoracic outlet syndromes
- Neck pain
- Foot or Ankle pain / Edema in lower extremities
- Urinary complaints—due to pressure of baby on bladder
- Stress or urge incontinence



Common Complaints Post-Partum:

- Diastasis Recti
- Symphysis pubis separation
- C-section scar or episiotomy scar adhesions / pain
- Pelvic floor dysfunction / pain with sexual activity
- Postural stress—due to nursing, holding and carrying baby
- Low back pain or SI joint dysfunction
- Urinary complaints—due to weakness of the pelvic floor muscles or trauma during labor and delivery
- Stress or urge incontinence

Physical Therapy Treatments Available:

- Postural awareness / education
- Individualized Stretching / strengthening programs
- Internal / external soft tissue mobilization
- Myofascial release / deep tissue & scar massage
- Breathing exercises / biofeedback
- Pelvic floor strengthening
- Dry Needling
- Guided exercise to safely restore mobility and prior level of physical activity

All of this is done in concurrence with your OB/GYN's care!



Ariel Zablocki, PT, DPT
Specializes in Pregnancy and Post-Partum PT

Call Excel Physical Therapy to schedule your appointment today

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