

# Pelvic Floor Therapy




There are hormone changes, postural changes, and weight gain that occur during pregnancy, which **ARE** normal.

Due to these changes, pain can occur during your pregnancy. **Although this pain is common, it is NOT normal.**

Pelvic Floor Specialist can help address:

- low back pain
- hip pain
- mid-back pain
- rib pain
- pubic symphysis pain
- neck pain
- pelvic pain
- incontinence
- pregnancy pain

**Through specialized manual therapy techniques and specific exercise instruction, your symptoms can improve.**

A newborn baby is lying in a hospital bed, wrapped in a white blanket. The baby's face is visible, showing closed eyes and a slight smile. In the background, a woman with dark hair, wearing a pink hospital gown, is looking towards the camera. The setting appears to be a hospital room.

Musculoskeletal pain can often improve following your baby's delivery. If it does not, physical therapy can help address these symptoms as well as pelvic floor dysfunction.

### **What can I expect during physical therapy?**

Your physical therapist will take a thorough history of your symptoms and perform a physical examination of your spine/trunk, pelvic girdle, lower extremities, and/or pelvic floor as indicated. Based on our findings, your treatment will be specified to address your symptoms and concerns. This can help improve your functioning and quality of life during and/or after pregnancy and prepare for delivery of your baby.

**Speak with your physician about your symptoms and ask if a referral for physical therapy is appropriate for you!**