

A HORMONE which
RELAXES LIGAMENTS
 stays in the body for up to 6-18
 months after labor and can
PROLONG JOINT PAIN
 for just as long.

treatments

- targeted exercises
- massage, myofascial release, and soft-tissue mobilization
- traction to reduce spine compression
- posture and body-mechanics retraining
- cold and heat treatments
- therapeutic belts and supports
- relaxation techniques
- Biofeedback for muscle relaxation
- ultrasound and electrical stimulation (for postpartum women only)

features

- Increase blood flow to reduce fluid retention and lower extremity edema
- Pelvic floor strengthening to help aid in labor
- Reduce incontinence secondary to weakness in the pelvic floor musculature
- **Reduce low back and leg pain**
- Increase the heart efficiency making cardiopulmonary adjustments easier
- Kegel exercises to successfully rehabilitate the pelvic floor
- Relieve incontinence from muscle weakness
- Relieve vaginal pain from episiotomy
- Increase stamina
- Decrease risk of gestational diabetes
- **Improve well-being and self-image**
- Decrease possibility of post partum depression
- **Decrease stress during labor**
- Better baby neurodevelopment scores

We all know that exercise is necessary for a healthy lifestyle. So, why wouldn't it be healthy for a woman who is pregnant? With proper modifications through supervised physical therapy, typical impairments caused by pregnancy can be reduced or relieved. **At Parry Physical Therapy Group, we help make pregnancy and new motherhood feel good.**

PARRY PHYSICAL THERAPY GROUP

Personalized Physical Therapy



PREGNANCY & PHYSICAL THERAPY

Prenatal Exercise and Physical Therapy

Pregnancy and new motherhood should be times of joy and promise - not pain. There are many common musculoskeletal discomforts of pregnancy which are treatable with physical therapy. Pregnant women often feel that they have to suffer with pain simply because in nine months it will end. Back pain, carpal tunnel syndrome, sciatica, lower extremity edema, disc herniations, muscle pain, and tendonitis are just a few common diagnoses that pregnant women acquire secondary to the postural, hormonal, physiological and biomechanical changes during pregnancy. Physical therapists treat these conditions everyday and there shouldn't be an exception just due to pregnancy. With a skilled physical therapist, modified traditional exercise programs can help relieve pain associated with these conditions and help to make the remainder of the pregnancy be pleasant and manageable.

The most common cause of back pain in pregnancy is malfunction in the sacroiliac joint. Manual mobilization techniques, strengthening exercises to support the lumbosacral and sacroiliac joints, as well as bracing can all help to alleviate pain. Postural changes due to pregnancy create greater stress on the lumbar spine, ligaments, and muscles. This predisposes woman to low back pain, upper back pain, and sciatica among other impairments. Supervised therapeutic exercise can reduce low back pain as well as limit weight gain, reduce physical discomfort, increase energy levels and stamina, decrease the risk of gestational diabetes, decrease obstetrical interventions, improve well-being and self image, decrease post partum depression, decrease likelihood of postpartum pain or incontinence, and expedite labor and recovery. There are also benefits for the baby including decreased body fat at birth, less colic, greater neurodevelopmental scores, improved APGAR scores, and less stress during labor.



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