

HEALTHY MOTHERS PROGRAM

MYTHS OF PREGNANCY

Just accept being uncomfortable

There's a one-size-fits-all
birth position

You can't prevent tears or
post-natal complications

The Truth: Pre-natal pelvic PT can make pregnancy more comfortable, reduce low back or pelvic pain, find the optimal birth position(s), and prevent common post-natal issues!

COMMON (BUT NOT NORMAL!) POST-NATAL ISSUES

- LOW BACK PAIN (77%)
- INCONTINENCE (49%)
- DIASTASIS RECTI (50%)
- TENDER SCAR ADHESIONS (45%)
- PROLAPSE (30%)
- PAIN WITH INTERCOURSE (24%)
- PELVIC PAIN (17%)
- FECAL INCONTINENCE (29%)

CHANGES DURING PREGNANCY

CENTER OF GRAVITY

REDUCTION OF CORE
STRENGTH

STRAIN ON LOW
BACK MUSCLES

LAXITY OF PELVIC
LIGAMENTS

- **VISIT 1: 24 WEEKS**
FULL EVALUATION, WHAT TO EXPECT, EDUCATION
- **VISIT 2**
PREGNANCY POSTURE, PREVENTING DISCOMFORT
- **VISIT 3**
PERINEAL MASSAGE, GI HEALTH, EXERCISE TIPS
- **VISIT 4: 36 WEEKS**
OPTIMAL BIRTH POSITION, PREPARE FOR DELIVERY
- **VISIT 5: 6 WEEKS POST**
PELVIC FLOOR CHECK, RETURN TO EXERCISE