



YOUR GUIDE

Exercising Safely in Pregnancy

ORANGE COUNTY, CA | [PELVICSANITY.COM](https://pelvicsanitary.com)



Pregnancy Support

We give far too little support to our moms during pregnancy!

Pregnancy is amazing, but it's also hard on the body! And your OB is focused on the health of the baby, not on your comfort during pregnancy. Pelvic health issues many women experience include:

- Low back pain
- Swelling in the feet and legs
- Painful intercourse
- Incontinence or urinary urgency
- Constipation
- Pubic bone pain
- Hip, groin or tailbone pain

While these are common, **they are not normal** and not something you have to just live with!



PELVICSANITY

Far too many women suffer with preventable pelvic health issues during pregnancy and after delivery. Our team specializes in helping you have a healthier pregnancy, better delivery and smoother recovery!

Orange County, CA
www.PelvicSanity.com
[@PelvicSanity](https://www.instagram.com/PelvicSanity)

SAFE AND HEALTHY PREGNANCY EXERCISE

EXERCISE DURING PREGNANCY

Exercise during pregnancy is important for both mother and child. In fact, at least 20 minutes per day is recommended. But it can be hard to know what is - and isn't - safe

During pregnancy, exercise can:

- Reduce low back pain
- Lower the risk of gestational diabetes
- Maintain a healthy weight gain
- Improve labor and delivery
- Lower the chances of a C-section
- Relieve constipation and GI issues

HOW TO EXERCISE

Stay hydrated and exercise in cooler areas. This helps to avoid overheating.

Pay attention to your body. Pain that doesn't resolve quickly after exercise, a feeling of heaviness in the vagina, leaking urine or urinary urgency are all warning signs to be addressed.

If new to an exercise, start slow. Build up in slow increments, especially if you're doing something new during pregnancy.

Make smart exercise choices. Consider activities like walking, yoga, swimming or supported strengthening less likely to result in a fall.

Work with a pelvic PT to find safe exercises that work for you! Many new moms don't realize that pelvic PTs are specifically trained to help you throughout pregnancy, including with your exercise regimen!

BENEFITS OF EXERCISE

There are so many benefits to maintaining a regular exercise regimen throughout pregnancy. Need help? Ask a pelvic PT!

Reduced leg swelling

Swelling in the legs is common during pregnancy, but exercise can help! Pelvic PT also reduces swelling with drainage techniques and increasing blood flow.

Especially in the third trimester, see if you can get in the pool!

Swimming or water aerobics can provide an amazing sensation of weightlessness while still getting your body moving.

Get better sleep

Often pregnant women who exercise find they are able to sleep longer and deeper than those who are less active.

Faster recovery after delivery

Exercising during pregnancy gives you a head start on recovery.

Make sure to check in with your pelvic PT 3-4 weeks after giving birth to check your pelvic floor, diastasis and expedite your healing!

PELVIC PHYSICAL THERAPY FOR A HEALTHY PREGNANCY

CARE DURING PREGNANCY

We believe every woman deserves the practical, positive information they need to have a healthy, safe pregnancy.

Unfortunately, most women just get a packet of information from their OB-GYN or piece together knowledge on their own.

We'd love to work with you for your best possible pregnancy!

HOW PELVIC PT HELPS

Reducing pain and discomfort. While common, pain or discomfort is not normal and not something to "just live with." Low back, pubic bone, SI joint, sciatic, or mid-back pain can all be alleviated with pelvic PT.

Safely exercising during pregnancy. Working with you to find safe, effective ways to exercise throughout pregnancy for both your health and that of your child.

Having a smoother delivery. Teaching you to relax the pelvic floor muscles for a smoother delivery. We also reduce the risk of tearing during delivery by showing you (or your partner) perineal massage to prepare.

Reducing post-natal complications. We want you as healthy as possible during pregnancy and ready to heal and recover to reduce risks of diastasis recti, incontinence, prolapse, low back pain, painful intercourse or other post-natal issues.

MYTHS OF PREGNANCY

There's so much misinformation out there about pregnancy that keep women from having a comfortable, healthy pregnancy and delivery. Here are some of the worst!

Pregnancy just has to be uncomfortable

False! Discomfort or pain is common but not normal, and absolutely something you can reduce with pelvic PT. This includes low back or pelvic pain.

I should be doing my Kegels

False! The uterus actually pushes out the baby, and the pelvic floor muscles need to RELAX for a smoother delivery.

I can't prevent tearing during childbirth

False! We teach perineal massage to pregnant women and their partners to prepare for delivery.

Pelvic health issues after pregnancy are inevitable

False! Starting 2-3 weeks after delivery we can resolve post-natal symptoms and get you feeling healthy and strong again!

Challenges of Pregnancy

LOW BACK PAIN

Low back pain often manifests in the second trimester and can continue getting worse through the rest of pregnancy. You can also experience hip, pubic bone or tailbone pain.

SWOLLEN FEET

The legs and feet can swell during pregnancy. This inflammation can cause pain or make it difficult to walk. The hands and arms can also experience swelling and pain.

These issues are
common, but
not normal!

URINARY ISSUES

Urinary urgency and frequency are both common during pregnancy. Many expecting moms wake multiple times at night. Incontinence can also occur during pregnancy.

PAIN WITH SEX

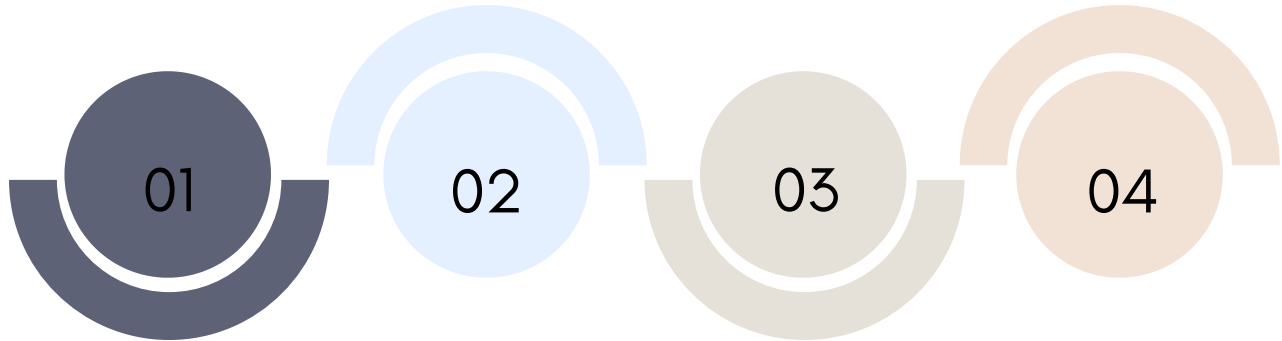
Women should be able to have pain-free intercourse throughout their pregnancy. Pain with intercourse is caused by tight pelvic floor muscles and should not be ignored.



10 Ways Pelvic PT Can Support You During Pregnancy

- ☐ Prevent low back pain and discomfort
- ☐ Reduce swelling in the legs, feet and hands
- ☐ Help you safely exercise throughout pregnancy
- ☐ Optimize your comfort sleeping
- ☐ Prevent or manage constipation
- ☐ Teach you about nutrition during pregnancy
- ☐ Ensure you can have pain-free intercourse
- ☐ Relax the pelvic floor for a smoother delivery
- ☐ Teach perineal massage to reduce risk of tearing
- ☐ Prevent common post-natal pelvic health issues

Feel confident in your pelvic health as you grow your family!



HEALTHY PREGNANCY

Ensuring you have a comfortable and healthy pregnancy. We're with you every step of the way!

SMOOTHER DELIVERY

Relax the pelvic floor muscles for a smoother delivery and reduced risk of tearing during childbirth.

POST-NATAL RECOVERY

Prevent or resolve common post-natal health issues like incontinence, diastasis or painful sex.

LIFETIME OF SUPPORT

Feel confident in your pelvic health throughout childbearing years - you don't have to struggle!





WHAT TO LOOK FOR

01 Hour-Long Treatment

Full-length treatment sessions to help you find lasting relief

02 Hands-On Treatment

Working with your PT hands-on, not an aide or a machine

03 Specialty Practice

Work with a team that specializes in helping those like you

04 "Find the Why"

A focus on getting to the root cause for true, lasting relief

05 Compassionate Care

A practice who will listen to you and work to meet your goals

06 Whole-Body Approach

Looking at both the pelvic floor muscles and external muscles

There's a wide variety of experience and expertise when it comes to pelvic PTs. Make sure you find the right team for your needs to not only alleviate your symptoms but find true, lasting relief.

Work with Us

We'd love to make sure you feel confident in your pelvic health!

STEP

01

Give our office a call! Our compassionate front desk team will answer any questions you have, make sure we're a good fit and find a time for you to get started!

STEP

02

Come in for your initial evaluation! The doctor will work with you in a private treatment room, assessing your pelvic health and coming up with a plan tailored to you.

STEP

03

Progress confidently through pregnancy! We'll be with you every step of the way, ensuring you have a comfortable pregnancy and the smoothest delivery possible!

"I wish every pregnant woman could see this team...The work they do is life changing and should be shared with everyone!"

-Aly K.





Congratulations!

We're so excited for your pregnancy!

If you're looking for support during your pregnancy,
please reach out to our team!

Wishing you all the best! In health,

Nicole Cozean

LAGUNA HILLS, CA

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