

Physical Therapy Referral

What is a physical therapist (PT)?

A physical therapist focuses on your bones and muscles to help improve your movement and address pregnancy and postpartum-related pain and discomfort. They can recommend position options for labor and delivery, teach you about the physical stress of labor, improve overall wellbeing to help prevent long-term health concerns.

A physical therapist may address:

- Pain (back, pelvic, hip, abdomen)
- Loss of bladder control
- Sexual discomfort/dysfunction
- Severe fatigue
- Daily parenting functions like carrying your newborn
- Returning to physical activity after delivery

Why physical therapy during pregnancy and postpartum?

- During pregnancy, physical therapy can improve symptoms of back and pelvic pain, help you adjust to body changes as your belly grows, treat swelling.
- Prepare you for physical stress of labor and delivery.
- Physical therapists can guide safe physical activity during pregnancy and postpartum. And **improved physical health = improved mental health!**

Referral Information and Additional Resources

References:

https://www.babycenter.com/baby/postpartum-health/pelvic-rehab-therapy-help-for-uncomfortable-postpartum-sympt_10379562

