The Role of Pelvic Health Physical Therapy During and After Pregnancy

Susan McLaughlin, PT
What do PT’s do?
• Understanding the movement system is at the core of physical therapist practice.
Pelvic Health
Physical Therapy
Common Pregnancy Complaints

• sciatica
• round ligament
• pubic symphysis pain
• back/SI pain
• urinary leakage/urge
Common Postpartum Complaints

- diastasis recti
- prolapse
- UI
- pain with sex
- back/SI pain
- nursing neck & shoulders
There is help!
Three Helpful Tools

• Postural Alignment
• Understanding Core
• Decrease Muscle Tension
Postural Alignment
Postural Alignment
Understanding Core

Core Activation: The 'Expansion and Compression' cycle of the Core driven by the breath

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Decrease Tension
When to refer:

• Pregnancy: when patient complains of sciatica, pubic/SI/back pain, UI

• Postpartum: when patient has DR, prolapse, UI, pain with sex, continued back/pubic/SI pain
Thank You!

Susan McLaughlin, PT