

The Role of Pelvic Health Physical Therapy

During and After Pregnancy

Susan McLaughlin, PT

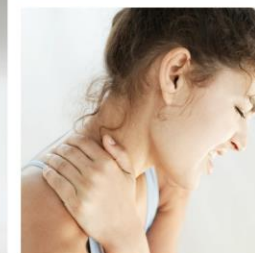
What do PT's do?





- 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

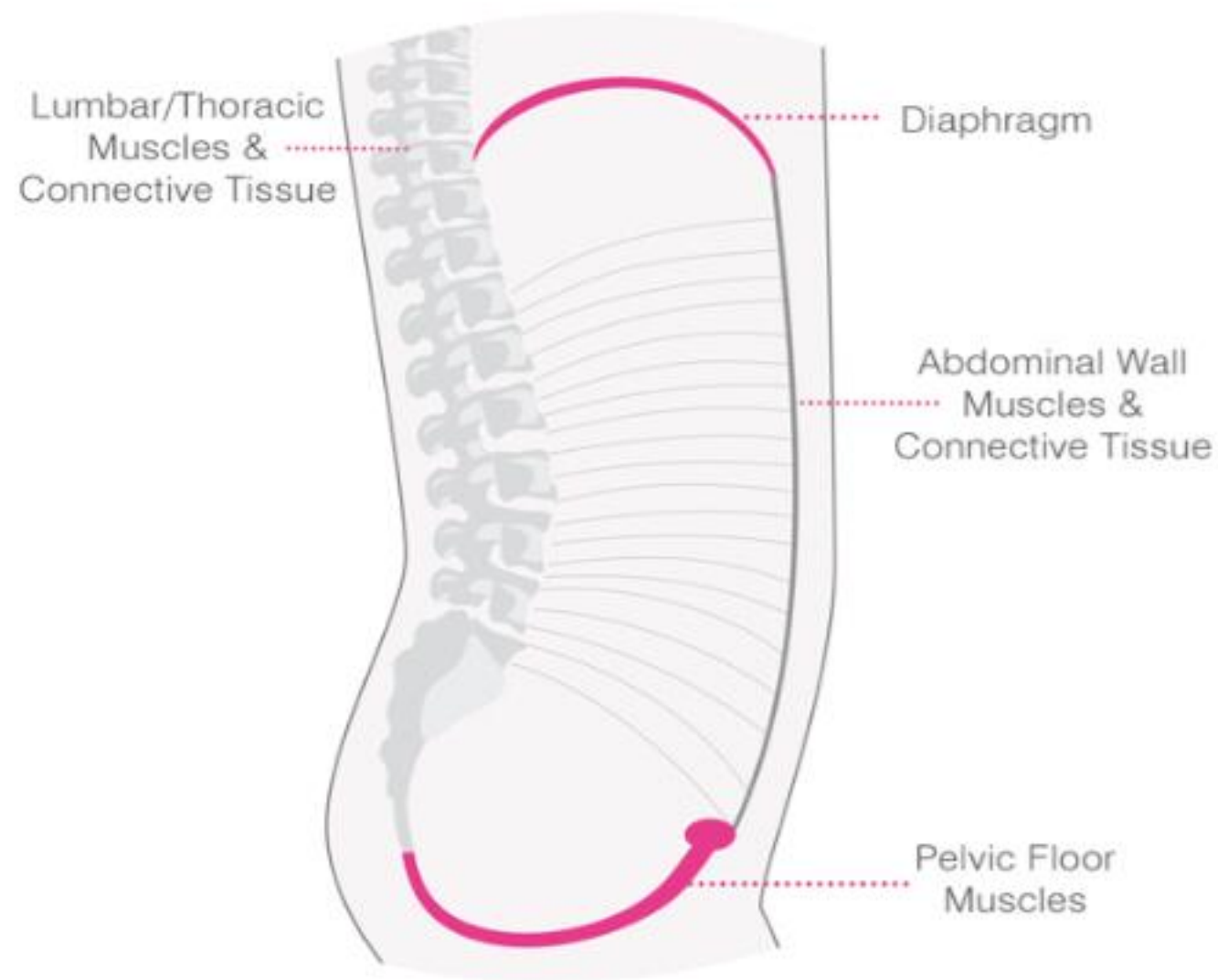
Postural Alignment



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/pubec/SI pain

Thank You!

Susan McLaughlin,
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