

Pelvic Health Physical Therapy for postpartum recovery

Benefits of a postpartum Pelvic Health Physical Therapy Evaluation

Pregnancy and childbirth lead to significant changes in a woman's body. This is true whether you had a vaginal delivery or a cesarean section. Address your symptoms early on and reduce the chance of developing chronic issues.

Do you have Pelvic Floor Dysfunction?

Many women experience symptoms postpartum. These are common, but not normal.

- Accidental passage of urine, gas or stool.
- Pain with sex.
- Feeling like something is "falling out."
- Gap in abdominal muscles.
- Sensitive or painful scars after childbirth.
- Difficulty performing childcare activities.
- Back, hip or pelvic pain.
- Difficulty returning to exercise.

What to Expect

One-on-one time with a physical therapist who specializes in pelvic health. Your Physical Therapist will listen to understand your symptoms and concerns, conduct a thorough musculoskeletal assessment and establish an individualized treatment plan designed for your needs and goals.

Treatment options include:

- **Biofeedback** for pelvic floor muscle retraining can assist with reducing incontinence and pain.
- **Manual therapy** to address soft tissue and scar restrictions that helps to increase movement and decrease pain.
- **Education** on healthy bowel and bladder habits.
- **Exercises** to train your abdominals, hips, and pelvic floor muscles to help you perform your daily activities and progress to your desired fitness program.

Did you know?

- 33% of women have urinary leakage 3 months postpartum.
- Pregnancy & childbirth are risk factors for urinary leakage.
- 33% of women experience abdominal separation 1 year postpartum.
- This increases to 52% at menopause, indicating persistence beyond childbearing years.
- 44% of women report painful intercourse at 3 months postpartum.
- 22% of women report persistent pain at 18 months postpartum.



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to our website

Discuss any postpartum concerns you may have with your provider to determine if a referral for pelvic health physical therapy may be beneficial. An order will be needed from your provider.

Multiple locations are listed on the back of this flyer.

NORTHSIDE HOSPITAL

REHABILITATION SERVICES

Outpatient Rehab - Atlanta

993D Johnson Ferry Road
Suite 250
Atlanta, GA 30342
404-236-8030

Outpatient Rehab - Alpharetta

3400-C Old Milton Parkway
Suite 460
Alpharetta, GA 30005
770-667-4231

Outpatient Rehab - Forsyth

2000 Howard Farm Drive
Suite 120
Cumming, GA 30041
770-844-3650

Outpatient Rehab - Gwinnett

665 Duluth Highway
Suite 600
Lawrenceville, GA 30046
678-312-2803

