



Pregnancy is a time of many physical changes. Learn about what changes are normal and abnormal. Learn how to stay comfortable and active throughout pregnancy and after your baby is born.

Women's Health Physical Therapy

Safely Meeting Your Unique Needs During Pregnancy & Postpartum

Consider seeking help from a specially trained Women's Health Physical Therapist if you have any of the following during pregnancy or postpartum:

Neck pain
Lower or upper back pain
Pelvic, hip or groin pain
Coccydynia (tailbone pain)
Tendonitis
Headaches
Pain associated with scars
Muscle weakness or swelling
Arm pain and tingling
Pain or tingling in your legs
Carpal tunnel syndrome
Thoracic outlet syndrome
Urgency of urination
Fecal Incontinence

Urinary incontinence (leaking urine when you laugh, sneeze, cough)

Fatigue easily after waking short distances

Sexual dysfunction (pain during intercourse, dryness, decreased desire for intercourse)

Diastasis recti (separation of the abdominal muscles, trouble toning your tummy postpartum)

Prolapse (lack of support in the pelvis, allowing organs to fall from their normal position)

Contact the Women's Health Physical Therapists in your area to see how they can help.