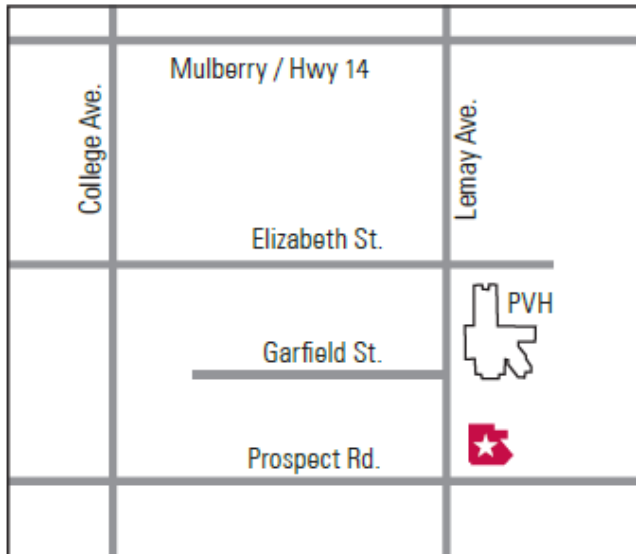


Directions to  
**UCHealth Rehabilitation Services**



★ **Rehabilitation Services**

1106 E. Prospect Road, Suite 200  
Fort Collins, CO 80524  
**970.495.8454**

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# Physical therapy and pregnancy



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## Back pain during pregnancy

During pregnancy, most women experience some level of back pain as their muscles stretch and posture changes.

For some women, pain can interfere with their ability to work, sleep, care for other children and perform their normal activities. Most of the time, the pain is from an imbalance around the pelvis/sacroiliac joint due to muscle tightness and joint dysfunction.

Physical therapy can help by providing:

- Education on proper body mechanics for activities.
- Simple but specific exercises.
- Soft tissue mobilization.
- Gentle muscle energy techniques.

In some cases, a maternity lumbar support may be needed to help support your back as your pregnancy progresses.

## Postpartum care

Physical therapy may also assist with healing and scar tissue development from a C-section or episiotomy.

Scars can be painful or restrict activities including sex; pelvic pain should resolve six to eight weeks after delivery. Physical therapy treatment can include manual techniques, ultrasound, exercise and biofeedback to limit scar tissue restrictions and reduce pain.

## Incontinence

Some women experience urinary or fecal incontinence/leakage after giving birth. This should resolve in six to eight weeks after delivery. Biofeedback, therapeutic exercise and manual techniques can help resolve these issues if problems persist after the postpartum period. Discuss these problems with your healthcare provider.

## Physical therapy services

To start physical therapy, you need a referral from your healthcare provider. Our clinic accepts most insurance plans. You can verify insurance coverage by calling your insurance company or our office.

**To schedule an appointment, call 970.495.8454.**



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