

# Women's Health

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<http://www.cssphysio.com.au/forpatients.html>



## Pre & Postnatal Physiotherapy

Our practitioner Ann-lise Domingue has a special interest in pre- & postnatal physiotherapy – therapy to help women before and after the birth of their child. She has outlined a brief description of this below:



### Prenatal

Most women experience *spinal and pelvic girdle pain* during pregnancy due to:

Biomechanical changes

- Increased Lumbar lordosis (inward curve)
- Increased forward pelvic tilt
- Increase thoracic kyphosis (outward curve)
- The effects of hormones

Goals of physiotherapy will include

- Modification to aggravating activities
- muscle releases, thoracic joint mobilisation
- stretches / range of motion exercises
- Functional support (activation of deep stabilising muscles) – deep abdominals, pelvic floor, deep back muscles, diaphragm and ‘dynamic slings’
- Mechanical support (e.g trochanteric belt, taping for pelvis / spine)

### Postnatal

Women in this category experience the following:

Increased risk of *spinal pain and pelvic girdle pain* due to:

- Biomechanical changes
- The continuous effect of hormones on the body
- Weakened abdominal muscles
- Gapping in the central abdominal muscle – see below.
- Different postural demands such as baby care

Intervention will be as per prenatal care and emphasis will also be put on bed mobility, breast-feeding postures and baby handling techniques.

Central abdominal muscle ‘split’.

This is as a result of:

- Weight gain during pregnancy
- Excessive rectus loading
- Weakened abdominal muscles

Intervention:

Support/ compression shorts for comfort  
Postural correction  
Activity modifications  
Graded core exercises

**Pernieal injury (tearing during labour)** is more likely with:

- Instrumental delivery

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- Prolonged second stage of labour
- > 4 kg birth weight

These can be 1<sup>st</sup> to 4<sup>th</sup> degree tears

Intervention:

PRICE (Protect, Rest, Ice, Compression, Elevation)

Education on pelvic floor muscles activation  
(muscle pumps)

Each woman will be different and the treatment approach will be specific to each.

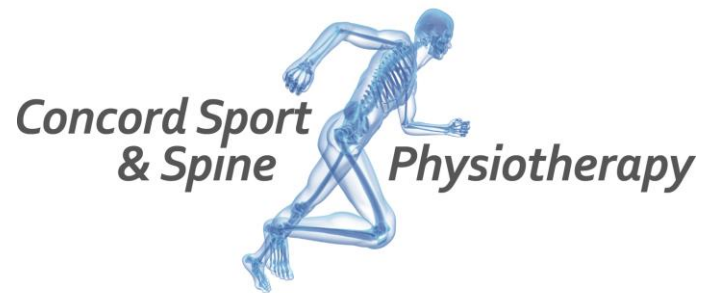
**Ann-lise Domingue**

Physiotherapist

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[Concord Sport & Spine Physiotherapy](#)

[202 Concord Road](#)

[Concord West, NSW 2138](#)

[Sydney, Australia.](#)

**Ph (02) 9736 1092**

**Email: [info@cssphysio.com.au](mailto:info@cssphysio.com.au)**

**Web: [www.cssphysio.com.au](http://www.cssphysio.com.au)**

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