

# MRPT PHYSICAL THERAPY

**Kegels Are  
Not Enough!**



## Physical Therapy During Pregnancy and After Delivery.

### Do you suffer from:

- Back or neck pain?
- Tingling in the arms or legs?
- Chest or “rib” pain?
- Difficulty holding urine?
- Diastasis Recti or “Mommy Belly”
- Pelvic pain?
- Postural Imbalances?
- Fatigue?

Believe it or not, most people think these problems are a normal part of pregnancy. Women are told “you will just have to grin and bare it.”

*This is not true!*

A good physical therapist can help you. Physical Therapy treatment during and after delivery is an essential component in healthy living.

### When is the best time to start a physical therapy program?

*Answer: “As soon as possible.”*

We have great success with treatment programs that start during the very early stages of pregnancy. Our main goal is helping women gain optimal health during all stages of pregnancy and after delivery.

Although early prevention is best, there is never a wrong time to start physical therapy treatment.

### Physical Therapy Treatment Phases:

**Phase One—During Pregnancy**

**Phase Two—Delivery Preparation**

**Phase Three— After Delivery**

## Physical Therapy After Delivery

**Our comprehensive treatment program will help you feel and look better.**

The impact of added weight and stress on the body during and after pregnancy can have life long consequences on your pelvis and belly areas, and can lead to:

- ◇ Lower back and neck pain
- ◇ Pelvic organ prolapse
- ◇ Leaky bladder
- ◇ Pelvic pain
- ◇ Sexual dysfunctions

To reverse these changes our team of therapists focus on manual therapy and individualized prescriptive exercises to help put your body back together. Don't expect to exercise your “mommy belly” away without the proper help.

We also teach mothers how to take care of their babies without injuring themselves.

Our goal is to use our advanced skills and therapeutic techniques to help ease the transition of being pregnant to becoming a mother.



# MRPT PHYSICAL THERAPY



## How can physical therapy prepare me for delivery?

### Birth Preparation

We can help you prepare for labor by using the following techniques a few weeks before you deliver your baby:

**Manual Therapy** to your pelvis, spine and coccyx to achieve the most favorable bony alignment to enhance pelvic mobility during labor.

**Soft Tissue Release** to the muscles in the pelvis, hips and back to reduce muscle spasms that can interfere with a quicker delivery.

**Diaphragmatic Release** of both the breathing muscle and the pelvic diaphragm to ensure optimal functioning during labor.

## Why do other types of exercise and treatments programs fail?

The cumulative effects of the stress and strains placed on the body during pregnancy and delivery leaves a woman's body in an inefficient state. During pregnancy your brain forgets how to use the core muscles, and our program will help wake them up. Core exercises are very subtle and easy to learn with the right physical therapist. **Chiropractors, Massage Therapists and Personal Trainers** are not properly trained to identify and correct muscle imbalances. **Pilates and Yoga** classes do not give enough individualized attention in training your brain to remember how to perform basic core exercises. **Reading a book** and attempting to perform core exercises without corrective supervision from a good physical therapist also leads to failure. A good physical therapist is qualified and has the proper training to help restore your body to a pain free and optimal state. So why waste time?



**Get the help you deserve from the experts at MRPT Physical Therapy.**

MRPT Physical Therapists are regarded as leading experts in the treatment of a wide range of conditions with a special interest in Women's Health issues.

We treat you as an individual with personalized one on one care by one of our highly qualified and licensed physical therapists. Our office is conveniently located in Midtown Manhattan and we offer flexible payment programs.

### MRPT Physical Therapy

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## Did you know...

- At least 50% of women experience back pain during pregnancy and very few receive physical therapy treatment.
- During a normal pregnancy, your body produces hormones that cause ligaments to become loose, which interferes with the normal stability of the spine and pelvis.
- After all deliveries (vaginal or caesarean sections) the pelvic floor and lower abdominal muscles are left in a weakened condition. Many women never regain sufficient strength in these muscles and may develop several complications including back or pelvic pain and difficulty holding urine.
- A good physical therapy program can prevent many complications related to pregnancy and delivery from developing.