

NEWS RELEASE

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Women's Health Physical Therapist Offers Advice on How to Be a #FitMom
*APTA cohosts Twitter party to get women talking about their health
before, during, and after pregnancy*

ALEXANDRIA, VA, May 21, 2013 – A mother's body experiences many changes during and after pregnancy that can cause aches and pains. The good news is that physical therapists can help women [prepare their bodies for pregnancy](#), manage discomfort during pregnancy, and get back into shape after childbirth.

On Wednesday, May 22, at 9:00 pm ET, the American Physical Therapy Association's (APTA's) [Move Forward](#) campaign is cohosting, with [Mom It Forward Media](#), a #gno Twitter party to discuss how to be a fit mom. During the live online event, APTA spokesperson and women's health physical therapist [Marianne Ryan, PT, OCS](#), along with a group of Mom It Forward Media community panelists, will answer questions about staying fit before, during, and after pregnancy. Topics will include how physical therapists can help women [manage the pains](#) that often accompany pregnancy and parenting, choosing the right baby gear, and reclaiming one's prebaby body.

"It's never too early to begin preparing your body for pregnancy," says Ryan. "It's important to ensure that your body is ready by addressing before pregnancy any pain or problems associated with posture or weakness. These issues can worsen during pregnancy, unfortunately, causing pain and dysfunction. But a physical therapist can evaluate, diagnose, and treat prepregnancy musculoskeletal issues, and can continue to help you during pregnancy and after childbirth."

Visit MomItForward.com to [RSVP](#) for the event and enter to win 1 of 2 \$125 Babies 'R' Us gift cards. To join the discussion, follow @MoveForwardPT and use the hashtags #gno and #FitMom.

The American Physical Therapy Association (APTA) represents more than 85,000 physical therapists, physical therapist assistants, and students of physical therapy nationwide. Learn more about conditions physical therapists can treat and find a physical therapist in your area at www.MoveForwardPT.com. Consumers are encouraged to follow us on Twitter ([@MoveforwardPT](#)) and [Facebook](#).

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