



Marianne Ryan

Leading women's health expert, physical therapist and creator of the Baby Bod® program



Marianne Ryan,
as seen on:

MARIANNE RYAN PT, OCS is an award-winning author, physical therapist and board-certified orthopedic clinical specialist with more than 30 years' experience treating prenatal and postpartum women. She is the owner and clinical director of Marianne Ryan Physical Therapy in New York City and the creator of the groundbreaking Baby Bod® program, which is the first of its kind to bridge the gap between medical care and fitness advice. As a leading women's health expert (and a mom), Marianne is passionate about helping women reclaim their changed bodies, whether they are pregnant, recently took part in the joy of birth or are experiencing the "joy" of menopause. A much sought-after media guest and speaker, Marianne has appeared on dozens of national TV and radio shows, as well as in many major print outlets. As an educator Ryan taught at Columbia University School of Midwifery Program and NYU.



STORY IDEAS:

- What Your Momma Never Told You About Childbirth (subject of my recent TEDxtalk)
- Once Postpartum, Always Postpartum - It's Never Too Late to Reclaim Your Body
- Nurse Without Pain - How to Deal with Common Breastfeeding Problems
- 5 Easy Ways to Prepare Your Body for Pregnancy
- Embarrassing Problems Women Encounter After Childbirth and How to Fix Them
- Wanna Get That Pre-Baby Body Back? 5 Tips to Go from Flab to Fab.
- Squeeze When You Sneeze - How to Take Care of Incontinence, Naturally.
- Stop! How You Lift and Carry Your Baby Can Make Your Mommy Tummy Worse.
- Get in Shape, Girl! Learn a Simple Program That Takes Minutes Per Day and Yields Benefits for Decades.
- The Doctor Won't See You Now: How the Medical Community Has Dropped the Ball When It Comes to Helping Women Recover from Childbirth.
- How Physical Therapy Can Help with Infertility Issues



BOOKING INFORMATION:

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On the web: BabyBodBook.com and MRPTny.com

Located in the New York City area and available for interviews at short notice