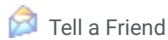




## WOMEN'S HEALTH SPECIAL INTEREST GROUP (SIG) MEETING

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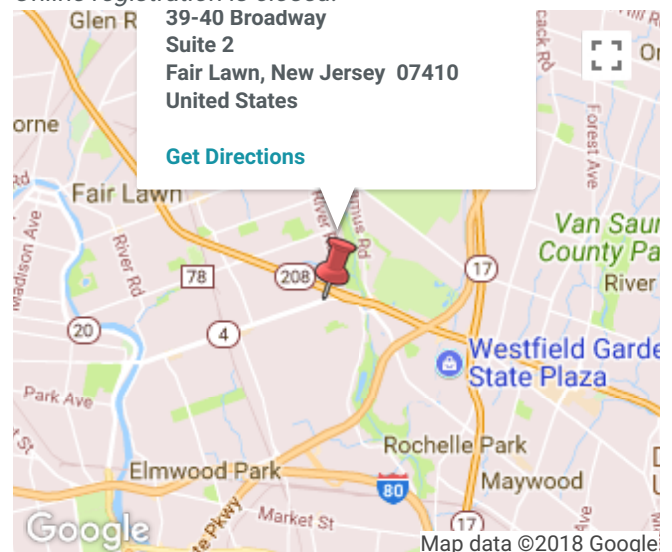
**When:** Saturday, November 4, 2017  
10:00 AM - 12:00 PM

**Where:** Bella Physical Therapy  
39-40 Broadway  
Suite 2  
Fair Lawn, New Jersey 07410  
United States

**Presenter:** Marianne Ryan, PT, OCS

**Contact:** [info@aptanj.org](mailto:info@aptanj.org)  
(609) 208-0200

Online registration is closed.



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### Non-invasive Physical Therapy Treatment of Pregnant and Postpartum Clients

Take the fear out of treating pregnant women and learn how physical therapy can help in postpartum recovery. Learn how to expand your practice and offer evidenced based treatment options for pregnant and postpartum women without using internal pelvic evaluations or treatment.

This course will help the general orthopedic physical therapists and therapists who specialize in women's health to expand their treatment tool box and feel confident in treating conditions related to pregnancy and postpartum recovery.

Some of the conditions that will be discussed are lower back and pelvic pain, diastasis recti, public symphysis syndrome, thoracic pain and incontinence.

Treatment guidelines will include pain relief, birthing preparation and a detailed postpartum treatment protocol. Participants will also learn some exercise guidelines for both pregnant and postpartum women.

**OBJECTIVES:**

At the completion of this course the participant will be able to:

- 1) Recognize some biomechanical and physiological changes that occur to pregnant and postpartum women
- 2) Identify and classify some common biomechanical disorders that occur in pregnant and postpartum women
- 3) Understand the indications and contraindications involved with treating pregnant and postpartum women
- 4) Use some non-invasive treatment options for pregnant and postpartum women
- 5) Recognize different treatment protocols that are normally overlooked by the current medical model for both pregnant and postpartum women (pain relief, birthing preparation, and two phases of postpartum care)

**2 CEs pending approval**

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### About the Speaker



After graduating from Hunter College, as a physical therapist, Marianne's past experiences include working in a general hospital along with sports physical therapy centers. For the past 30 years, Marianne's main-focus in private practice has been on implementing manual therapy techniques in spinal care, TMJ, pelvic dysfunctions and total body treatment (including sports injuries). In addition, she has extensive experience in treating Prenatal and Postpartum patients with particular emphasis on high-risk pregnancy and postpartum fitness.

Marianne is an Orthopedic Certified Specialist and internationally recognized as a leading women's health physical therapist. She is an award-winning author of the international bestselling book, "Baby Bod – Turn Flab to Fab in 12 Weeks Flat" and is a sort after lecturer on prenatal and postpartum rehabilitation. Her blog article can be found on her website, [MRPTny.com](http://MRPTny.com) and many other sites on the Internet. In 2016 she published her first Ted x Talk, "What Your Momma Never Told You About Childbirth" ([click here](#)).

Ryan served as a spokesperson for the Physical Therapy Association Media Corps and is often featured in the media including interviews with the Wall Street Journal TV, Fox News TV, Redbook, Shape, Everyday Health, Los Angeles Times, Chicago Times and The NY Daily News.

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## CONTACT US

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