

# Pre-Natal

Consult a pelvic health physiotherapist *during* pregnancy if you have:

- Pain in your pubic bone, groin, back, pelvis, buttocks, or legs
- Difficulties doing everyday tasks such as rolling over, walking, or getting in/out of a vehicle
- Leaking urine when you laugh, cough, sneeze, or walk, etc.
- Bulging or tenting of your abdomen when you lift your head off a pillow (abdominal diastasis)
- Pain with intercourse
- Vaginal varicose veins
- Questions about preparing for labour & delivery

Pelvic health physiotherapy is an appropriate and meaningful compliment to your pre-natal care. Pregnancy is the best time to gain postural awareness and to learn the correct way of performing a pelvic floor contraction or “Kegel”. Prevent and treat incontinence, prolapse, and pain; learn ways to reduce injury to your pelvic floor during labour and delivery.



# Post-Partum

Consult a pelvic health physiotherapist *after* delivery if you have:

- Scarring from c-section, tearing, or episiotomy
- Leaking urine, gas, or stool when you cough, sneeze, exercise, etc. or not making it to the bathroom in time
- Problems emptying your bladder or bowel completely or frequently
- Pain with intercourse
- Pressure, heaviness, or bulging in your vagina or rectum
- Ongoing pain in your vagina, rectum, pelvis, pubic bone, abdomen, or low back
- Bulging or tenting of your abdomen during any exercise

Whether you have had a vaginal delivery or a caesarean section, you will benefit from pelvic health physiotherapy to help you recover from the many effects of pregnancy and delivery. Treatment for back or pelvic pain, incontinence, prolapse, or abdominal diastasis is particularly helpful after delivery as you adjust to caring for your new baby.

