

Pregnancy & Beyond

Pelvic Health Physiotherapists (PT) at Eramosa Physiotherapy Associates and Guelph Women's Health can support pregnant and postpartum clients with our Pregnancy and Beyond Program. Through evidence-based treatments, our pelvic health PTs will provide care throughout your pregnancy, help prepare you for labour and delivery, and continue to support you during the postpartum period.

A pelvic health PT is a Registered Regulated Health Care Provider who has taken extensive courses in pelvic health. Our Pelvic Health team has experience treating general orthopaedic complaints such as low back pain, pelvic girdle/sacroiliac joint pain and hip pain, as well as symptoms of pelvic floor dysfunction (urinary incontinence, pelvic organ prolapse, pain with sexual activity etc). Our pelvic health PTs can provide incredible support to you during pregnancy and can communicate and work closely with your healthcare team (Midwives, Obstetricians, Gynecologists and Family Doctors).

Your Care

Comprehensive care is provided in a welcoming environment to support you. We take the time to hear your whole story and offer private, individualized, one-on-one treatment sessions. Our team works hard to provide convenient appointment times to work around your lifestyle, with extended office hours including early mornings and evenings, as well as virtual care opportunities.

EPA and GWHA have a history of developing programs from strong evidence-based research, reassuring our clients that the services and products that we recommend are expected to make positive change.

Contact Information

Acton EPA	(519) 853-9292
Burlington EPA	(905) 315-7746
Cambridge EPA	(519) 220-1794
Elora EPA	(519) 846-9919
Georgetown EPA	(905) 873-3103
Guelph Women's Health	(519) 780-0606
Guelph EPA	(519) 767-9950
Orangeville EPA	(519) 940-8993



gwha.ca



eramosaphysio.com



*Some services may not be available at all clinic locations



Pregnancy & Beyond:

Supporting Women Through the Journey of Motherhood

Common Changes during Pregnancy

Pregnancy and motherhood bring about many changes to a woman's body, emotional well-being and independence. It is often a time when more support is needed, and our pelvic health team and other health care providers are here to help.

As your body changes during pregnancy, you realize that you cannot simply "do" all of the things you used to do.

- **Why is getting out of your car or rolling in bed suddenly giving you sharp pelvic pain?**
- **Are you dreading the first couple of steps of walking?**
- **Should you be exercising the same way I used to? What is safe to do?**
- **Will this urine leakage or back pain get worse as my pregnancy progresses?**

As you get closer to labour and delivery, you may feel very excited to meet your baby, however, you may also feel that you need some extra support or coaching.



After your baby is born, you may be experiencing some continuing or new symptoms and concerned about rehabilitating your body.

- **Are you worried that "things" don't feel right? Or look right? Will you be able to return to your previous activities?**
- **Are you suffering from neck/back/pelvic pain? Do they worsen as you care for your baby?**
- **Are you dealing with urinary or fecal incontinence? Do you feel vaginal heaviness or pressure?**
- **Are you avoiding sexual intercourse due to pain? Or fear?**

You may be looking on your social media accounts and seeing new moms that appear to be "back to normal", however, this is often not the case. It is important to understand that feeling overwhelmed during the postpartum period is more typical and it is ok to ask for assistance for your physical and emotional health.

Our pelvic health team can help you understand your postpartum body and help alleviate your worries/fears about your physical health. If there is concern for your emotional or mental health, your PT can help you find the appropriate healthcare provider.

Pregnancy & Beyond: Supporting Women through Motherhood

EARLY PREGNANCY	2-3 TRIMESTER & LABOUR	POSTPARTUM	RETURNING TO YOUR "NORMAL"
<ul style="list-style-type: none"> • Continuing safely in exercise • Managing Back and/or pelvic pain • Learn how to be more mindful with transitional movements and exercises 	<ul style="list-style-type: none"> • Treatment for low back and pelvic girdle pain (massage, manual therapy, strengthening, and stretching exercises) • Relaxation and lengthening exercises for your pelvic floor muscles • Pelvic floor strengthening exercises • Pelvic symmetry exercises • Use of support belts if needed • Pain science education • Perineal massage • Breath/pushing instruction • Education about non-medicinal pain reduction/comfort measures during labour • Education about possible birthing positions 	<ul style="list-style-type: none"> • Pelvic floor relaxation, and strengthening – which exercises are best for YOU! • Abdominal/Diastasis rectus exercises • Low back, mid-back and hip treatment • Learn how to lift baby use baby carriers with ease • Assistance with nursing positions/posture to decrease body strain • Referral to lactation support if needed • Treatment for blocked milk duct (if diagnosed by your doctor) • Assistance with achieving pain-free intercourse • Recognize postpartum depression and make appropriate referrals • Progressive strengthening for your pelvic floor and your core 	<ul style="list-style-type: none"> • Return to fitness, impact exercise (running) or sport • Progressive strengthening for core and pelvic floor • Ongoing return to fitness goals: walking, running sports, activities etc.