

PREGNANCY & AFTER PREGNANCY

Pregnancy is a special time in a woman's life. The body goes through tremendous changes in posture and increased joint mobility that make back, neck, arm, and sacroiliac pain more likely. Difficulty with bladder control (incontinence) may occur during and after pregnancy. Problems may also continue after the birth of your baby with back pain and bladder issues being the most common.

Clemens Physical Therapy can help you deal with pain at a time when your condition limits the types of treatments and medications you can use. With your doctors OK we can address posture, pain conditions, bladder issues, muscle/abdominal weakness, and fitness before and after baby.

** for more information, go to **SEARCH** on our website and type in **PREGNANCY***

COMMON PROBLEMS

- Back pain
- Sacroiliac pain
- Sciatica
- Incontinence or loss of bladder control
- Diastasis Recti (separation of abdominal wall)
- Pubic symphysis separation (severe pain at pubic bone)
- Weakness of abdominal wall and pelvic floor muscles

- Rib or thoracic pain
- Carpal Tunnel syndrome (wrist pain and finger numbness)
- Thoracic outlet syndrome (arm numbness and weakness)
- Scar tissue from tearing, episiotomy, c-section
- Poor posture and lifting techniques

TREATMENTS AT CLEMENS PHYSICAL THERAPY

Exercise: Very gentle strengthening and stretching programs designed with the pregnant or postpartum woman in mind. The goal is to restore function and prevent future problems. It is also very important to maintain fitness safely before and after baby.

Education: Addresses safe lifting techniques for you during and after pregnancy, work/activity modification, posture awareness, and prevention measures. We will help you learn safe working and sleeping postures and ways of lifting your baby.

Manual "hands-on" therapy: Very gentle treatment designed with the special needs of the pregnant and postpartum women in mind. The goal is to stretch tight muscles and mobilize joints in a way that takes into consideration the body's needs during this special time.

Clemens Physical Therapy PLLC

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CLEMENS PHYSICAL THERAPY, PLLC

Why We Are Unique

- Years of expertise and extensive specialization in the areas of chronic pain and women's health
- Treatment is one-on-one
- Most treatment sessions last one hour but may be shorter or longer depending on your needs
- An initial evaluation/exam is performed on the first visit to determine your needs for treatment
- A plan of care for treatment is developed to address your needs and concerns
- We will answer any questions you may have
- Care is provided in a small, comfortable setting
- We specialize in the treatment of painful conditions and will tailor the intensity of rehabilitation to your tolerance
- Exercises and stretches will be used to help you reach your goals and to help prevent future problems
- Treatment does not involve surgery or medications
- Treatment works well along with medication or other medical treatments

How to be seen at Clemens Physical Therapy

- Treatment is covered by most insurances
- Insurance coverage may require a Doctor's referral
- Referrals can be faxed to 304-842-0060
- Appointments can be scheduled by calling 304-842-6008
- We offer convenient hours including late appointments most days to accommodate your busy schedule
- We understand your time is valuable. We typically see patients at their scheduled appointment time with little to no wait
- Please call if you cannot make your appointment for any reason. We do not double-book patients—your time is set aside specifically for you. If you are unable to come, we can offer that appointment to someone else that needs it.
- We accept Visa, Mastercard, and Discover
- **Please feel free to ask any questions you may have.**
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