

Potential Post Partum Problems & Needs

- Urine loss with cough or sneeze
- Feeling of downward pressure especially while lifting
- Episiotomy pain
- Pain during intercourse
- Incontinence
- Bowel Problems
- Tailbone pain
- Difficulty lifting the baby due to:
 - Neck & Shoulder pain
 - Low back pain
 - Wrist & thumb pain
- Poor abdominal tone (“Flabby Tummy”)

Postpartum Fitness

Many women face new physical problems after pregnancy and delivery. Often moms do not address these issues with their doctor because they consider this a normal part of childbirth and expect problems to resolve on their own. In many cases, their problems do not resolve. Resuming previous fitness and activity levels can be difficult. The muscular weakness of the pelvic region, abdominals and hips must be addressed. Unfortunately, many fitness programs do not address the individual needs of postpartum women. Specific exercises need to be performed to restore muscular integrity. If strength is not restored to the pelvic region, future pain and dysfunction can occur.

The pelvic floor runs front to back from pubic bone to tailbone and side to side between the “sit” bones. The pelvic floor is the muscular support for the organs of the pelvis, urethra and anal sphinctors.

A common, yet erroneous technique taught to women for pelvic floor strength is stopping the flow of urine. This is an effective approach to identify the pelvic floor muscles. However, physiologically, the pelvic floor relaxes during urination. Repeated attempts to stop the flow of urine may contribute to incomplete bladder emptying.

During life activities, the pelvic floor muscles are active at the same time as abdominal, hip and low back muscles. Women need to learn how to coordinate these muscles so that the pelvic floor is active and strong throughout the day and during exercise/fitness programs.

Often women are uncomfortable seeking help for these problems. Rehab Professionals of Cleveland, Inc. provides a private, supportive, and welcoming environment. Our staff is sensitive to women’s needs. Women’s Health Services are offered in our Broadview Heights, Lakewood, and even our Downtown location. Please contact us at 216-221-2525 or 440-526-8566 for more information.