

HOW CAN PHYSIOTHERAPY HELP IN BOTH PREGNANCY & POST-NATAL PERIOD?

I perform a multi-system assessment of your posture, joints, muscles and back. I'll examine your breathing, pelvic movement and function, abdominal muscles, gut, bowel and bladder health. A pelvic floor muscle examination can be carried out when indicated. I will then discuss the reasons for your symptoms and offer a variety of treatments that may help.

These treatments may include:

- ***A bespoke exercise & rehabilitation programme – emailed to you***
- ***Manual therapy: joint & soft tissue mobilisation techniques***
- ***Fascia and muscular release techniques***
- ***Scar tissue massage & release***
- ***Pelvic floor rehab & manual therapy***
- ***Bladder drill & retraining***
- ***Taping, strapping and belts if required***
- ***Acupuncture (pregnancy & post-natal)***
- ***Information, education, and advice***
- ***Relaxation & mindfulness***



Deborah Thomas Chartered Physiotherapist



Combining over 20 years' experience in the musculoskeletal field, with in-depth, specialist knowledge & skills in Women's Health enables me to address back, pelvic, respiratory and continence issues as they arise during and after pregnancy.

I am delighted to be able to offer such specialist pregnancy and post-natal services.

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DEBORAH THOMAS
PHYSIOTHERAPY • PILATES • EDUCATION

PHYSIOTHERAPY SERVICES FOR PREGNANCY & THE POST-NATAL PERIOD

Women's Health physiotherapy is vital in the prevention and management of physical discomforts associated with pregnancy and after childbirth



PREGNANCY HEALTH CHECK

Physiotherapy can help you manage the changes that occur during pregnancy, give you advice on how to prepare for labour, keep fit and treat problems or discomforts that can arise. I use manual therapy, acupuncture, taping & strapping, exercise and more to help with these:

- **Back, ribcage, shoulder, hip and neck pain**
- **Pelvic girdle pain (PGP) (once known as SPD), Sacro-Iliac joint & hip pain, sciatica.**
- **Pelvic / Coccyx (tail bone) pain**
- **Incontinence and prolapse, perineal and sexual pain**
- **Morning sickness**
- **Wrist and fingers pain and tingling (Carpal Tunnel Syndrome and de Quatrain's)**
- **Perineal massage from week 34**
- **Exercise throughout pregnancy**
- **Preparation for active labour**



PHYSIOTHERAPY FOR MOTHERS

After pregnancy, back and pelvic problems can continue due to the soft tissue and joint changes that have occurred during pregnancy. Postures adopted by new mums can contribute to the incidence of joint and muscular pains. Bowel, bladder and pelvic floor complications can persist after both Caesarean and vaginal deliveries, and can significantly affect the pelvic floor, back muscles and quality of life.

I recommend a Women's Health physiotherapy 'Post-natal Check' before returning to abdominal exercises, high impact activities and sports. This is suitable for women who just want a check-up before returning to exercise, as well as for women who have symptoms of pain or other pelvic floor and abdominal problems and would like to discuss treatment options.

Physiotherapy 'Post-Natal Check' and treatments:

- **Diastasis Rectus Abdominus Muscle (DRAM) – rehab & return to exercise**
- **Return to running or high impact activities advice, rehab and fitness programmes**
- **Postnatal back, neck, Sacro-Iliac joint and coccyx pain**
- **Scar & soft tissue treatment: Caesarean scar, perineal tears, and episiotomy**
- **Wrist and hands pain and numbness – Carpal Tunnel Syndrome & De Quervain's tenosynovitis**
- **Bladder and bowel problems: incontinence, frequency, pain**
- **Prolapse or bulging sensation in the vagina or rectum**
- **Perineal pain, haemorrhoids, constipation**
- **Coccyx (tail bone) pain**
- **Painful sexual intercourse or decreased sexual sensation**

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