

Physical Therapy in Pregnancy & Postpartum



Leaking

Leaking urine is common but not normal! Let us help you return to normal.

Pelvic Muscles

A few simple exercises help prepare the muscles for birth and promote the quick return of health of muscles!

Pain

Your body goes through a lot during pregnancy and birth. Pain down there is common. We can help you enjoy life again!

Ab Muscle Separation

The baby has to go somewhere! It's common for the ab muscles to split in pregnancy. We want to make sure they come back together!

Even if you're not experiencing pain or leaking, it is recommended that you see a pelvic therapist both before and after baby to prepare muscles for birth and attain maximal recovery afterward!

Schedule today to prepare muscles for birth and see us after birth to get back to normal more quickly



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