

I had the baby now what?

Mommy Makeover Edition!

DID YOU KNOW?!

The hideous deformity known as "mommyitis" can only be cured with liposuction and breast implants!



1. BABY BUMP

Victim may still be adorable and glowy, given sufficient amounts of makeup + designer evening wear.



2. POST-BABY LUMPS

Patient exhibits tragic lack of buoyant basketball-sized breasts, stick-thin thighs and wash-board abs.



3. SEXY MOMMY MIRACLE!

For a mere \$30,000, disease has been corrected via the magic of suction, knives and silicone!



ASK DR. SURGEON!

Q. *Should I be worried about the dangers of liposuction?*

A. *Better to be the hottest mommy*



CRYING SHAME

Nothing embarrasses Baby more than a mommy without

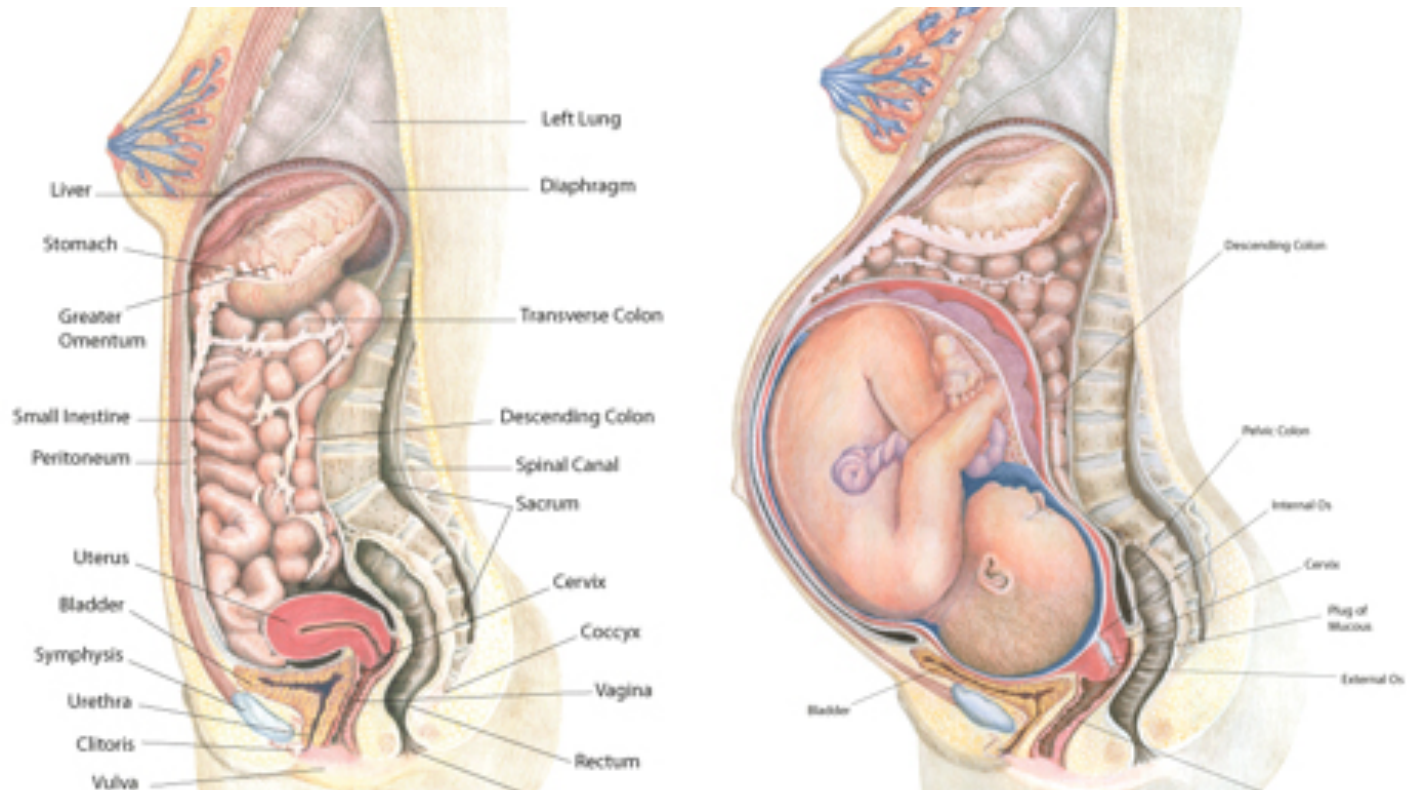
Who are we?

Rebalance Physical Therapy

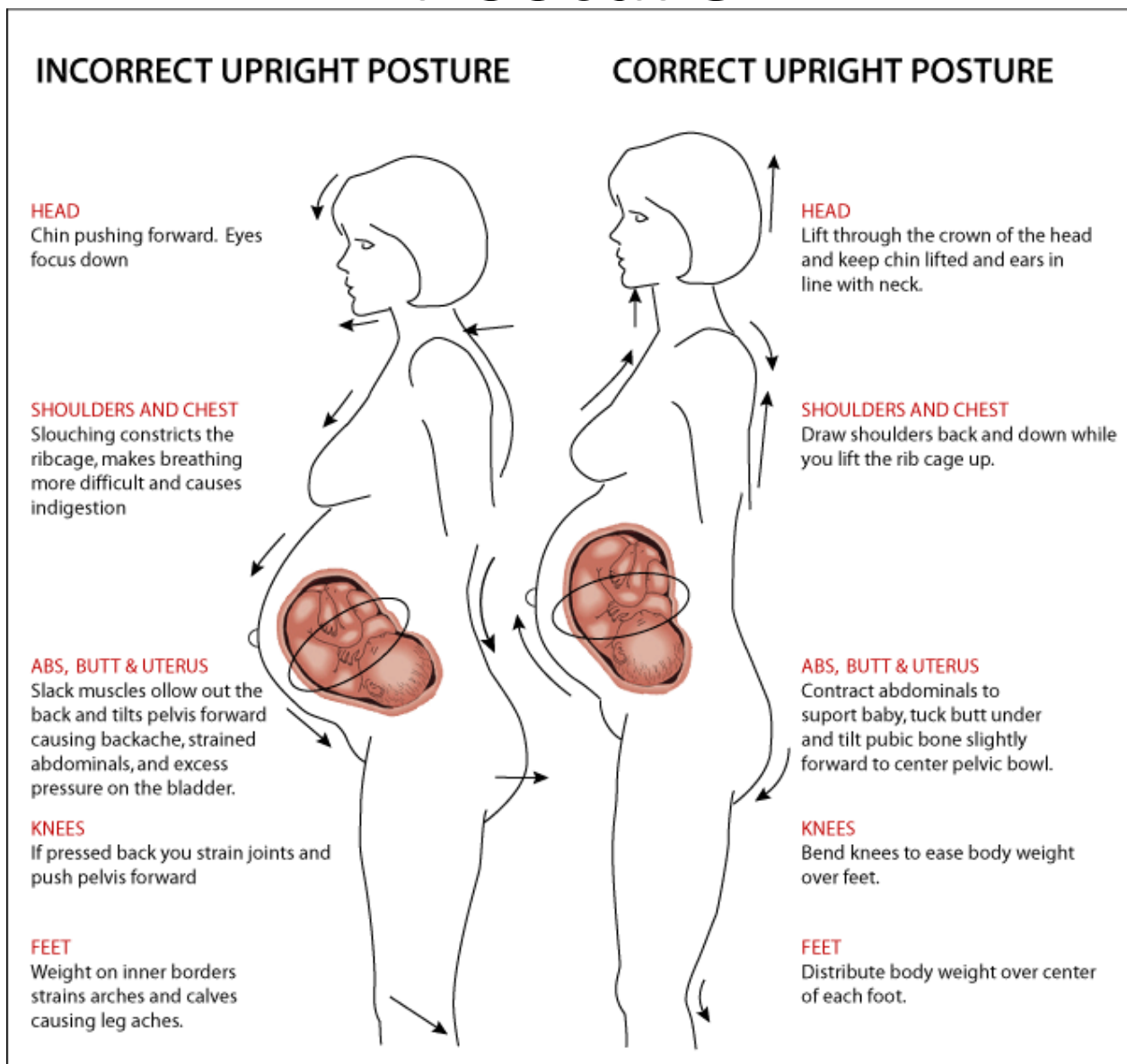


Experiences around pregnancy

- Hormones-relaxin, estrogen, progesteron
- Weight Gain
- Fluid Volume Increases
- Breathing changes and rib cage expansion



Posture



Demonstration of exaggerated Posture

Things that were already in imbalance during pregnancy typically become accenuated during and possibly after pregnancy

Aches and Pains

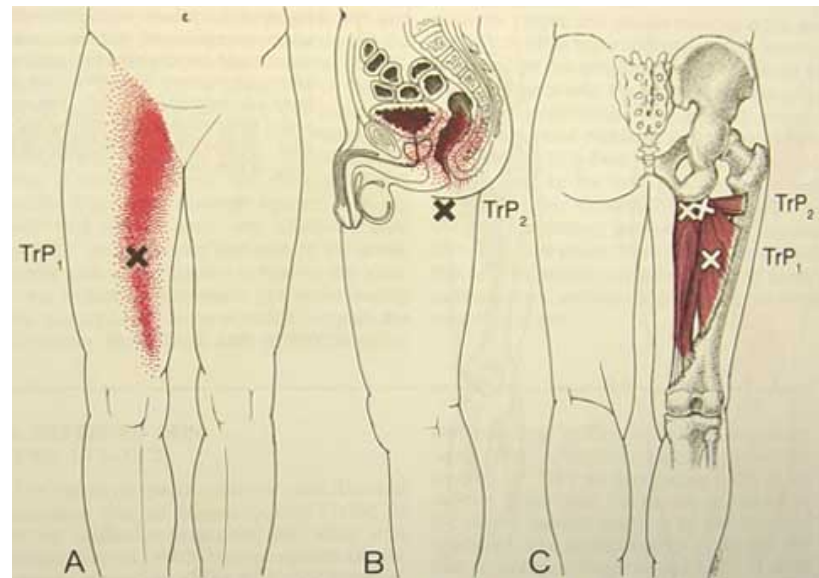
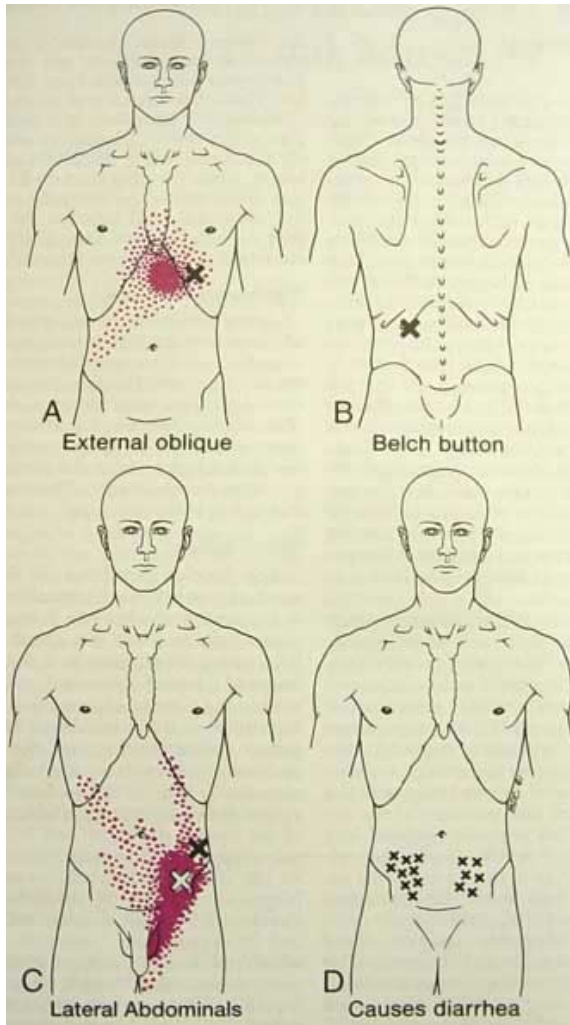
- Head and Neck Pain
- Shoulder Pain
- Upper back and lower back pain
- Sciatica
- Pubic bone
- Hip Pain
- Knee and Foot Pain



Why

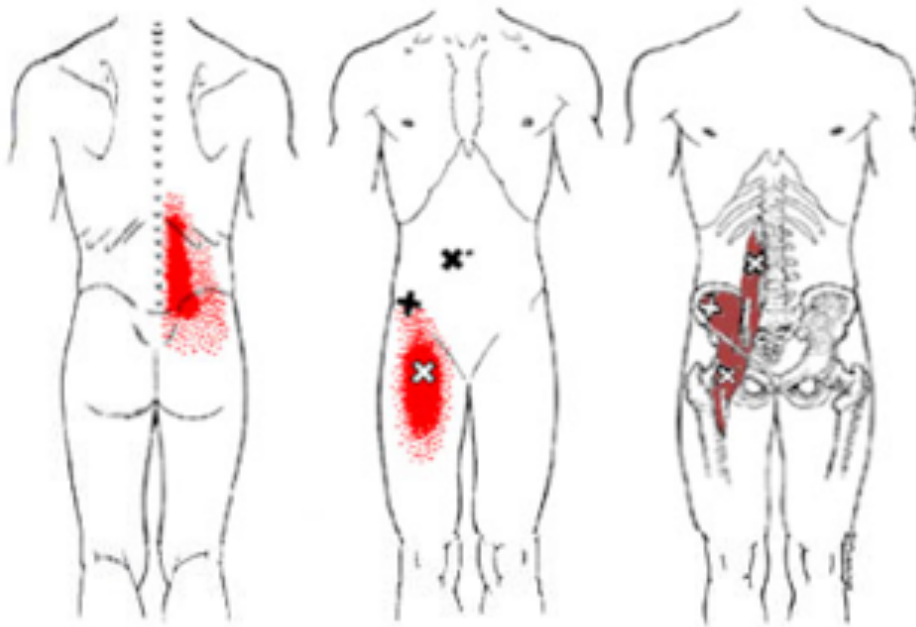
- SiJ laxity
- Trigger points
- Muscle imbalance
- Postural imbalance
- Joint issues

Painful Trigger points

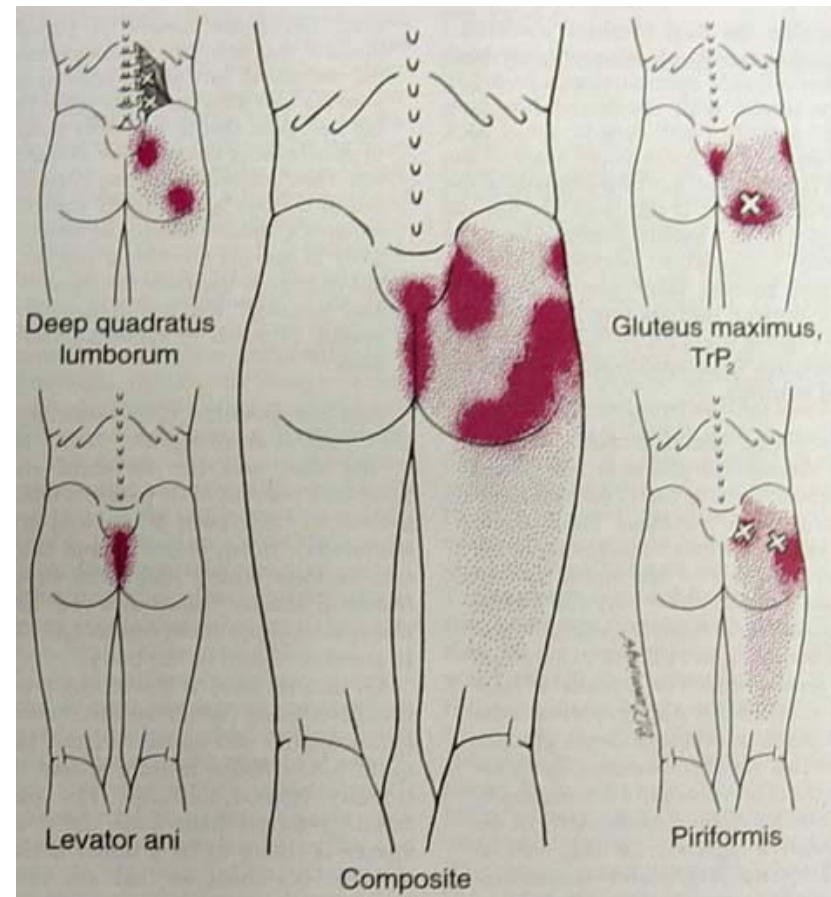


Painful Trigger Points

Iliopsoas Trigger Points and Referred Pain Patterns



Pattern of pain (bright red) referred from palpable myofascial trigger points (Xs) in the right iliopsoas muscle (deep red). The essential pain reference zone is solid red; the spill-over pattern is stippled.



Beauty post pregnancy?

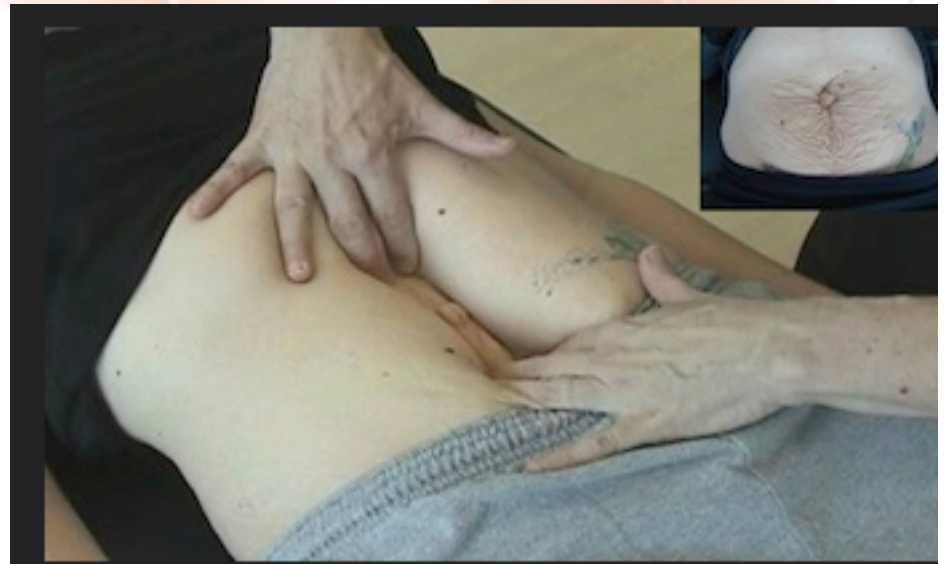


Complications after pregnancy

- Continued issues from before
- New issues mentioned before
- Pubic symphysis dysfunction
- Pelvic floor and Perineal Pain –pain with intercourse
- Tailbone pain
- Incontinence
- Scar tissue issues- can affect organs
- Diastasis recti- weakness of abdominal wall
- Prolapse

Diastasis Recti

- Separation of the abdominal fascia
- Clinically every pregnancy women
- Research 66% in 3rd trimester
- 53% continue postpartum
- 36% remained at 5-7 weeks



Curl up test



Straight Leg Raise



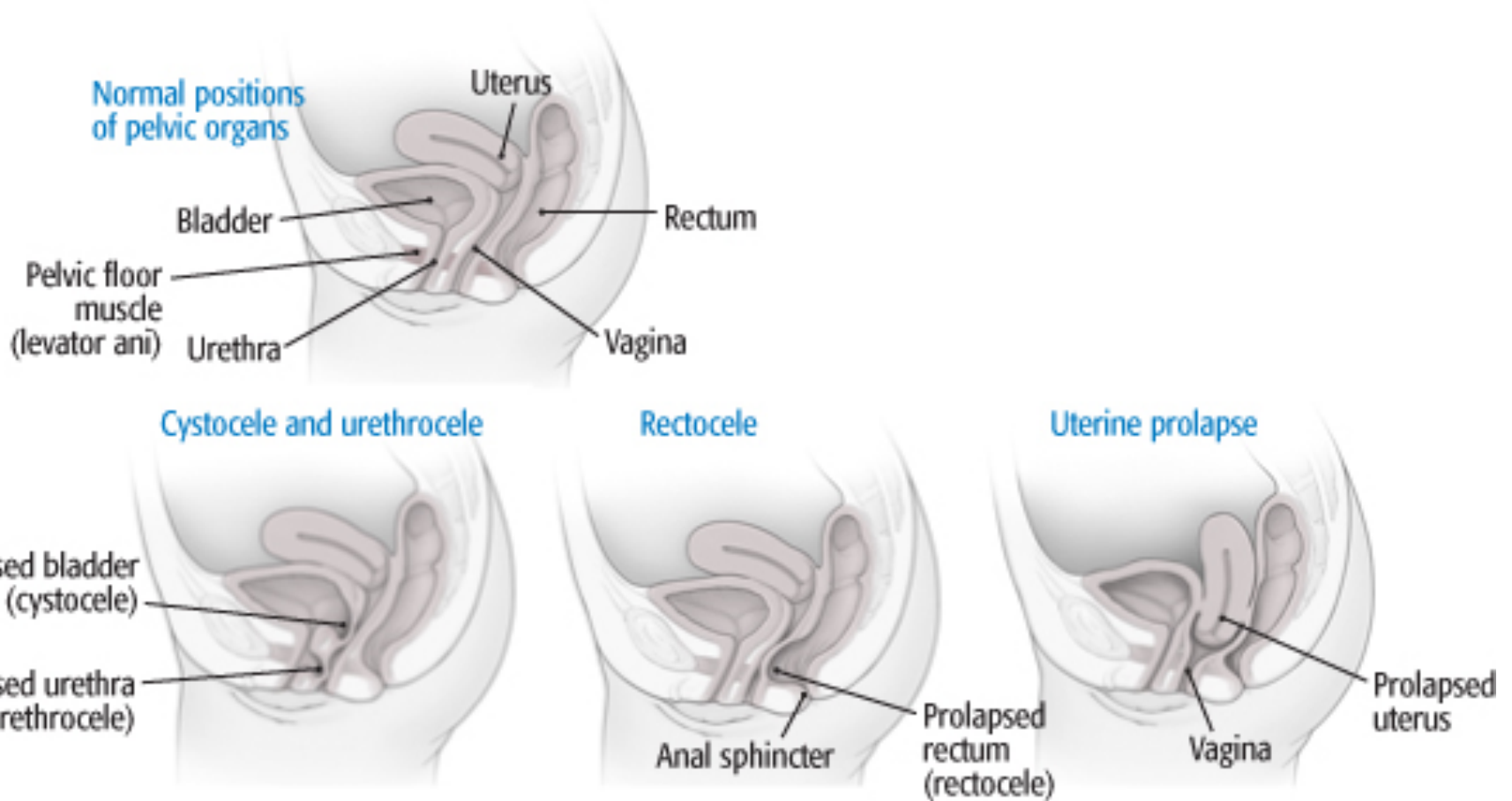
POP – The Boat Theory

THE BOAT THEORY



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Pelvic Organ Prolapse



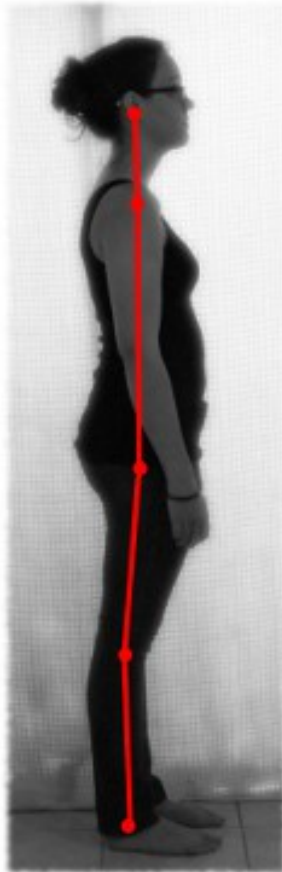
Scar Types

- C-section scars
- Episiotomy / perineal tearing scars

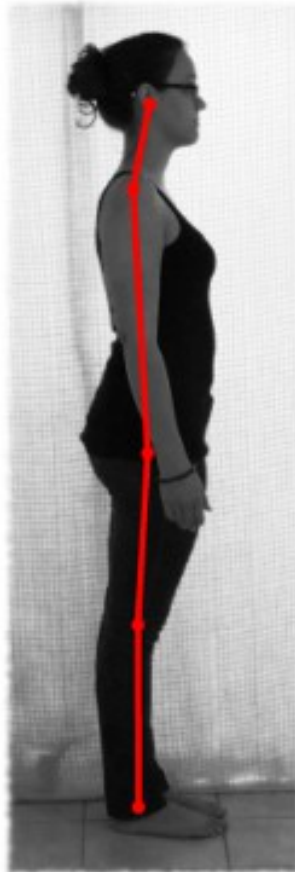




Best Posture



A. Ideal Posture



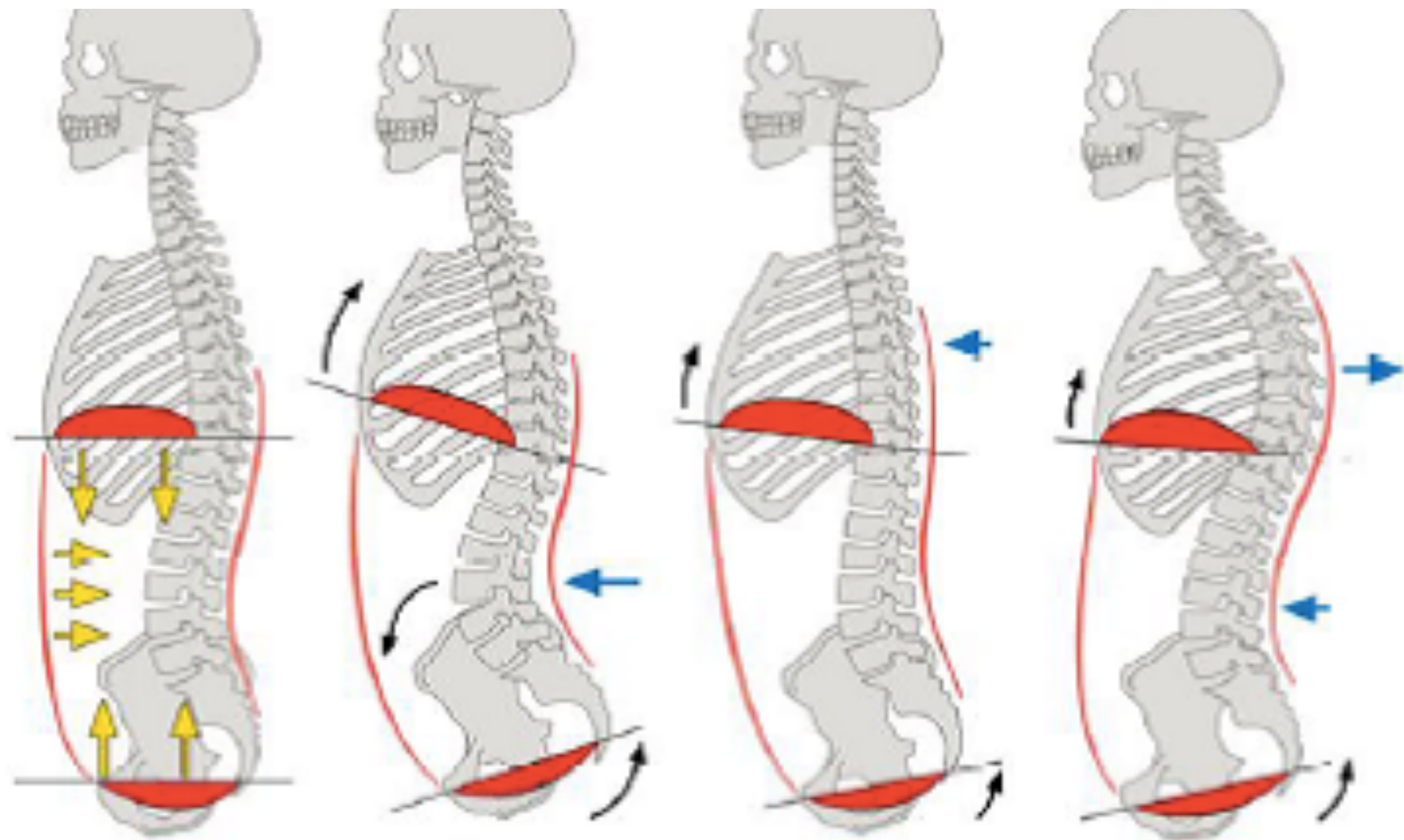
B. Standing at Attention

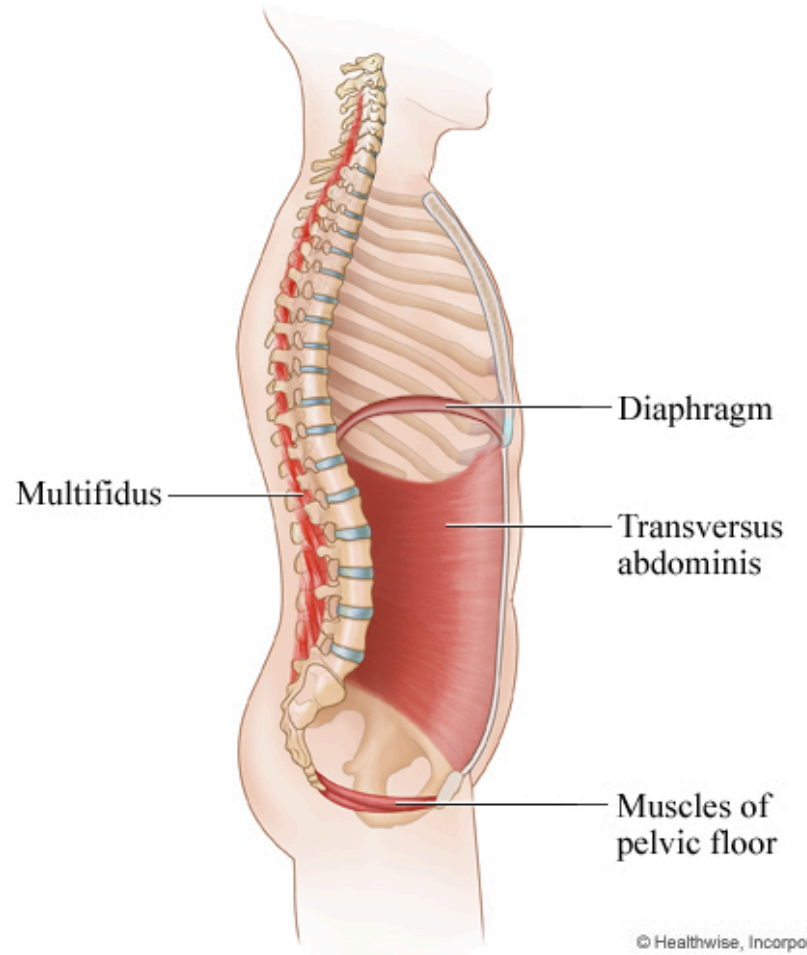
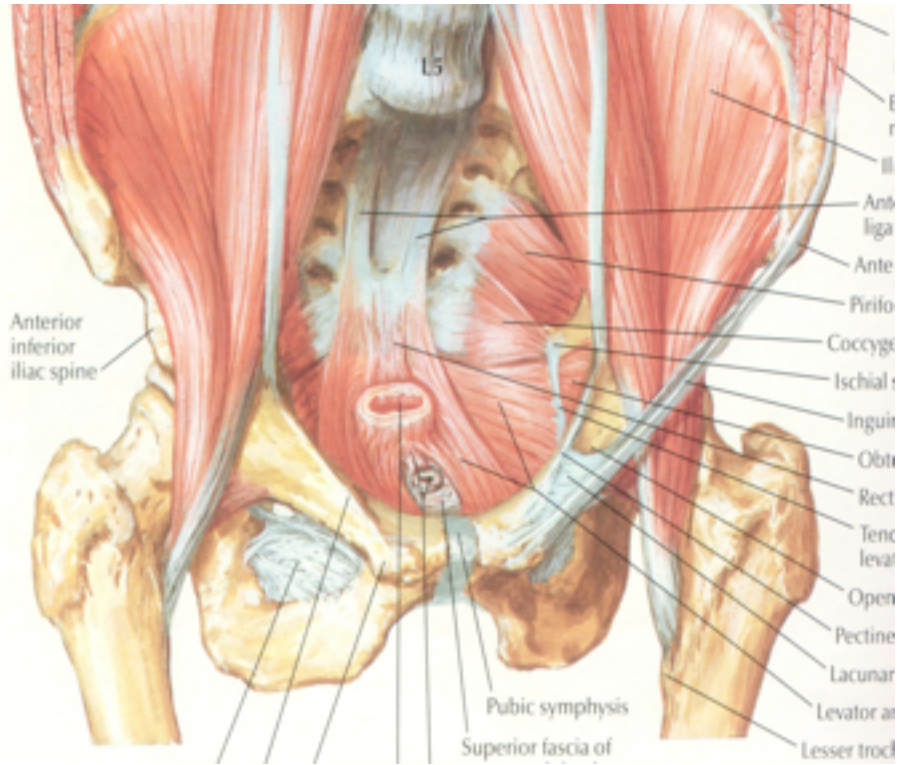


C. Sway back



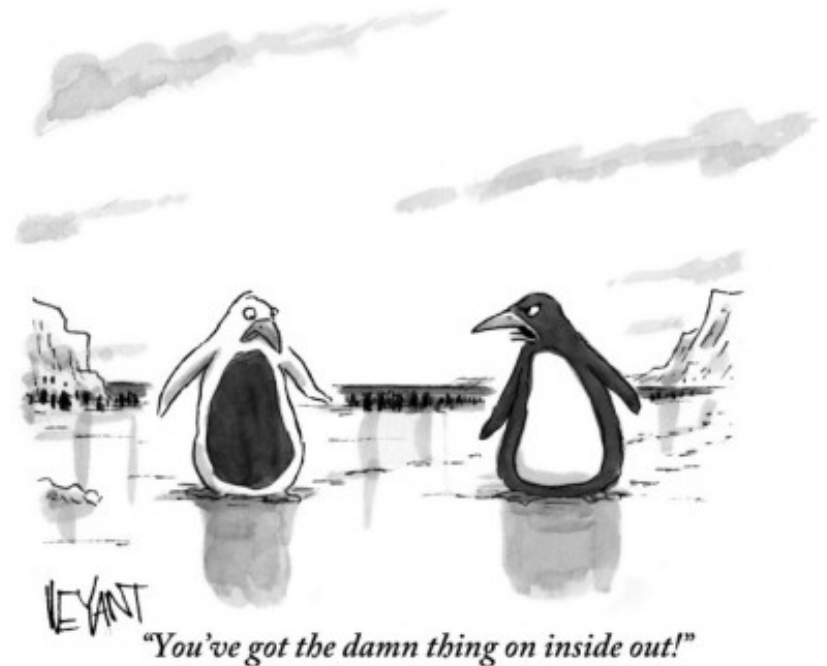
D. Forward Head





Typical Sx at 0-8 weeks

- Insides are inside out
- Pain in back, hips and pubic bone
- Difficulty controlling urine, gas and stool
- Neck, arms, back and hips are sore



Physiotherapy association of british columbia and Diane Lee.

What can you do

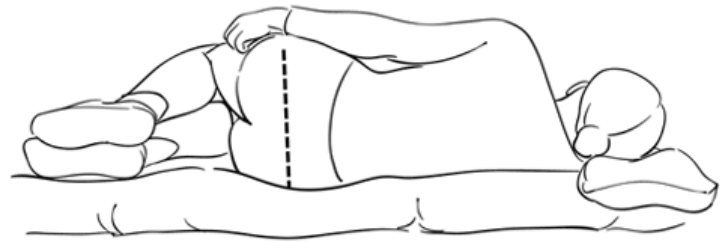
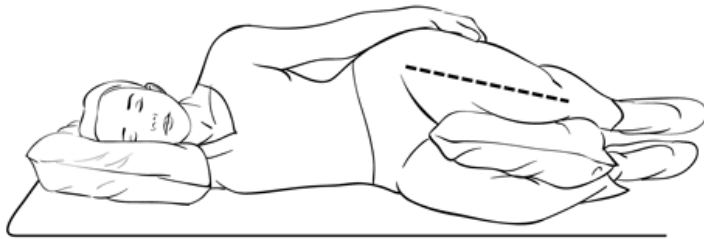
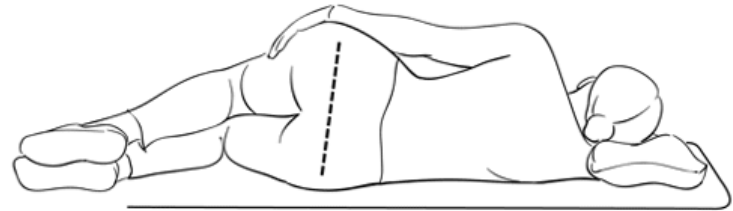
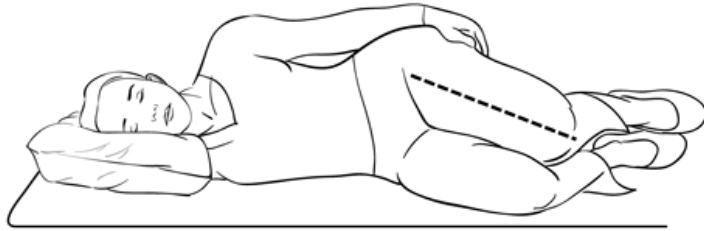
- Posture
- Positioning- sitting, sleeping and standing
- Lifting techniques- left with the legs
- Body Mechanics
- Use of belts, supports and yes foot inserts

What exercises to start

- Rest just as important as exercise
- Gentle Kegels
- -imagine rectum to pubic bone
- Transversus Abdominal gentle contraction
- Diaphragmatic Breathing
- Door Stretch

Positioning

- Laying
 - Sidelying with pillow between knees
 - Supine with knees supported by pillow
 - Spine in neutral (straight)



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8+ weeks

- Bleeding has stopped
- Control over bladder and bowels
- Begin exercise regimen
 - 2 check points

2 check points

- Curl up test
- Active straight leg test

- If positive then no sit ups or core strengthening

Physical Therapy Consult

- Everyone mother should get one!
- In Europe every mother is offered a physical therapy consult

Physical Therapy referral

- On going back, pelvic, hip, abdominal pain
- Urine or Bowel incontinence at any time
- Urinary or Bowel urgency
- Vaginal or rectal pressure
- Bulging of abdomen
- Difficulty with everyday tasks
- Diastatis Recti remains post 8 weeks

- If any of these are positive then no sit ups or core strengthening

PT Evaluation

- Posture
- Head, Neck, Shoulder assessed
- Thorax and ribs, low back, hip assessed
- Sacroiliac joint and pubic symphysis assessed
- Coccyx assessed
- Pelvic floor muscles
- Diastasis Recti
- Organ prolapse



Treatment

- Figure out the driving factor “cause” to your pain
- Soft tissue and trigger point release
- Joint mobilization
- Fascial release around muscle and organs
- Strengthening selected muscles in the problem task
- Home program

Questions????

