



NEWSLETTER

Your #1 Resource for Greater Health and Wellness



Physical Therapy for the Post- Partum Mom

SugarLandPT.com

INSIDE: Success Stories • Healthy Recipe: 3-Ingredient Nutty Cashew Bites • Workouts to Do from Home • Virtual Workshops



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Physical Therapy for the Post-Partum Mom

Returning to activities after vaginal or cesarean section birth

Having a Baby Changes Things

Having a baby is a LOT of hard work! It consists of physical, emotional, and social changes that can occur quickly in the life of a new parent! Before you give birth, your body undergoes a series of progressive and sometimes aggressive changes that can leave you in pain and not quite feeling like yourself.

Changes that occur for you physically include things like the following:

- the spreading of your rib cage so you can breathe and the little one has some space to grow
- a change in your center of gravity with adjustments in your spine due to baby's growing weight distribution
- a spreading and increased mobility in the pelvis to prepare for baby moving through the birth canal.

Many other changes can occur during pregnancy that directly changes the way you feel and specifically how you can move!

In 100% of all pregnancies, by the third trimester, the mother will have a separation of the rectus abdominis muscle called a diastasis. This means that the mother loses the ability to control her abdominal muscles and has a resulting poor transfer of power and strength across her core muscles that she needs for getting up off the couch, lifting, carrying, and other important life activities. Those core muscles need to be restored not just to improve the aesthetic look of your stomach but are very important for functioning well and to help alleviate pain.

If you had a cesarean section, it is important to remember that this is major abdominal surgery. Learning how to address the changes that occurred following pregnancy and

appropriate post-surgical care is important to help you regain your strength and reduce your risk for post-pregnancy complications.

How First Colony Can Help

Physical Therapy can address a wide variety of issues that arise from becoming a new mom! Not only do we cover the immediate needs of the mother following the birthing experience, but we also address all the changes that occurred in the process to get you back to your normal life. We cover topics including: baby carrying and wearing, lifting techniques, body mechanics for breast feeding, restoration of breathing and posture control, and prevention and/or reduction of urinary leaking with transitional movements, and help with higher level return to sport/recreational activities.

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Learn more by visiting sugarlandpt.com or call to schedule your appointment today!

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Restoring the Pelvic Floor

The pelvic floor is a series of nine muscles that provide support to our reproductive organs, provide stability to our back and pelvis, and provide appropriate function of our core muscles in breathing. When our pelvic floor has been injured or compromised, restoring those muscles are critical for correct control and function.

At First Colony Aquatic and Rehabilitation Center, we provide an external examination and exercise program to address these muscles and your pain. Two of the primary external muscles we address include your Gluteus Maximus and your Adductor Muscles. These muscles are an external extension of the pelvic floor that can be targeted during therapy.

We do this with two primary exercises to help initiate pelvic floor control: the Glute Bridge Lift and the Adductor Squeeze.

- **Glute Bridge Lift** This exercise focuses on control of the gluteus maximus and using the hips for appropriate extension rather than overusing the back or hamstrings to complete actions such as transitioning to standing, squatting, lifting, and walking.

- **Adductor Squeeze** This exercise helps strengthen the pelvic floor to reduce urinary leaking with activities and help reduce leaking with coughing, sneezing, and laughing.

If you are pregnant or have recently given birth, First Colony Aquatic and Rehabilitation Center can provide you with post-partum care that will help your body recover so that you can function at your best as a new mom. Give us a call at one of our clinics in Sugar Land [281-325-0188] or Rosenberg [281-239-3838] to schedule a consultation with your physical therapist!

Call Us Today!



First Colony Aquatic
and Rehabilitation Center

SUGAR LAND: 281.325.0188

ROSENBERG: 281.239.3838

SUCCESS STORIES

What Our Patients Have to Say



The First Colony Aquatic and Rehabilitation facility is a first class operation that is clean and well organized.

The staff is caring but most importantly knowledgeable. Megan worked on strengthening the muscles that support knee health for increased mobility and mobility without pain.

Upon completion of the program, there are many exercises I learned that I can continue with at home for continued success.

I highly recommend this wonderful facility

to anyone that needs pain management from injuries, arthritis or relief from the numerous other issues that they treat." - M.G.



HEALTHY RECIPE

3-Ingredient Nutty Cashew Bites

- 1½ cups raw cashew
- 1/3 cup natural nut butter (such as cashew, almond, pecan,
- peanut butter)
- 10-12 delget noor pitted dates (or 8-10 medjool dates)

Instructions: Place ingredients into a food processor or high-powered blender. Process for 3-5 minutes or until ingredients start coming together. Scrape the sides as needed. Test dough with hands to see if dough will stick together to form a ball. Depending on consistency of nut butter, you may need to add an additional 1-2 Tbsp. A smoother/runnier nut butter works best. With hands, firmly and with pressure, form the dough into about 20 small round bites. Store in a sealed container in the refrigerator for up to 2 weeks or freeze for up to 3 months. *Recipe: <https://therealfoodads.com/nutty-cashew-bites/>*

