

Here are a few simple exercises you can perform at home that can help relieve lower back pain

Lower back pain is the most common discomfort experienced by pregnant women. If left unaddressed, this could lead to longer-term issues that remain after childbirth.



1
**CHILD'S POSE
LOWER BACK STRETCH**
Hold 5-10 seconds



2
CAT/COW STRETCH
Repeat 5-10 times



3
PIRIFORMIS STRETCH
Seated on Floor or Chair
Hold 10 seconds

Prenatal and Postpartum

Physical Therapy Services



Combatting Physical Discomfort During and After Pregnancy



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PRENATAL

During pregnancy, physical and hormonal changes occur, which can affect the musculoskeletal system. These changes include altered posture, shortened muscles, and changes in mobility.



POSTPARTUM

After pregnancy, a new mother might experience further physical changes, including excessive joint mobility, muscle imbalances, and weakness of the core muscles.

How Can Physical Therapy Help?



Physical therapy can address spinal and pelvic joint dysfunction, improve strength and decrease pain through targeted exercise therapies, and offer guidance on protecting the joints during this period of enormous physical changes.

The following conditions can be alleviated through physical therapy:

- *Low back pain, including sciatica*
- *Pelvic joint pain, including sacroiliac, pubic symphysis, sacral and coccyx joint dysfunctions*
- *Upper back pain*
- *Muscle pain in glutes, abdomen or spinal regions*
- *Pelvic floor weakness*
- *Separated abdominal muscles*
- *Core weakness*
- *Cesarean scar pain*

