Pain in the lower back area is one of the most common complaints among pregnant women. This discomfort can severely hinder a woman’s quality of life, and may lead to longer-term issues that remain after childbirth.

Watson Clinic is pleased to offer the services of Esther Spence, a licensed physical therapist who is specially trained in the treatment of pregnant and postpartum women who suffer from low back pain and compromised core strength.

Esther Spence works alongside the patient to address debilitating lower back pain and diastasis recti through education, specially targeted exercise therapies, and the use of additional tools such as a Pilates reformer.

Meanwhile, she also provides therapies that can help women ensure a stronger abdominal wall prior to and during pregnancy. By strengthening the core, women can enjoy swifter physical recovery following childbirth.
Esther Spence, a licensed physical therapist in south Lakeland, is pleased to offer physical therapies for pregnant and postpartum women who experience low back pain and weakened core strength.

**EDUCATION**
- Florida Southern College, Lakeland, FL, BS, Biology
- University of South Florida, Tampa, FL, MS, Physical Therapy

**PROFESSIONAL ACTIVITIES & MEMBERSHIPS**
- Licensed Physical Therapist
- Certified in Instructional Pilates