

## Physical Therapy Services

# Pain During Pregnancy

Pregnancy can cause many discomforts to a woman's body. Consulting with your doctor is an important first step when suffering from pain. Your doctor may recommend physical therapy for managing your pain related to pregnancy. At High Pointe Therapy, our physical therapists are specially trained to treat women before and after pregnancy.

Diastasis Recti is a common problem after pregnancy. This can cause back pain, difficulty lifting and exercising. With targeted exercises the separation can be prevented.

Our therapists can help ease your discomfort in a variety of ways including:

**Massage techniques:** These can include myofascial release, active release techniques, muscle energy techniques, trigger point release, joint mobilizations and soft tissue stretching.

**Exercise:** Exercises may focus on lumbopelvic stabilization, diastasis recti correction, postural strengthening, coordination, balance and strength training.

**Education:** Our licensed therapists will teach you to use good posture and body mechanics, proper ways to stretch and strengthen your back muscles, and instruct you in safe exercise techniques.

**Bracing:** Bracing may consist of SI joint belt fitting, posture support braces, or compression stockings.

**Dry needling:** This technique consists of using a thin needle to pierce the skin with the goal of creating a local twitch response in the muscle to cause a spontaneous contraction and relaxation of muscle fibers. This can benefit tendonitis, sprains and strains, headaches and nerve entrapment syndromes.



 **The Women's Hospital**  
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