

Pelvic Floor Physical Therapy

DURING PREGNANCY AND POSTPARTUM

Pregnancy can be a very exciting time that brings many changes to your body. These changes can lead to a variety of concerns that the physical therapists can help you with, such as:

- Pelvic pain
- Lower back pain
- Sciatic nerve pain
- Sacroiliac joint pain
- Establishing a healthy exercise routine during pregnancy to prepare for childbirth

POSTPARTUM WELLNESS AND REHABILITATION:

The goal is to improve pelvic health and to help you develop a post-childbirth exercise program. Pelvic floor physical therapy will also help with potential problems, such as:

- Painful scarring after vaginal or caesarean birth
- Diastasis rectus abdominis (separation of abdominal muscles)
- Bladder problems
- Bowel problems
- Pain after sexual intercourse
- Pelvic heaviness (or feeling that things are falling “down”)

WHAT TO EXPECT:

Before your first visit, please complete forms that list your history, current symptoms and concerns. This information will help the physical therapist with your evaluation.

EVALUATIONS MAY INCLUDE:

- Posture
- Pain concerns
- Breathing
- Strength
- Flexibility
- Using core muscles (including pelvic muscles)

The therapist will explain all evaluation and treatment options to help you make informed decisions, and your healthcare team will work with you and your referring healthcare provider to determine your plan of care.

SCHEDULING AN APPOINTMENT:

Talk with your healthcare provider about your concerns, and request a referral for pelvic floor physical therapy. You can return the referral in person, by fax or email to the Keck Center. Most insurance plans are accepted. Before your first visit, be sure to contact your insurance provider to discuss any out-of-pocket expenses.



CONTACT INFORMATION:

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