

# MINI MOMENTS FOR MIGHTY PARENTS

## STRONG STARTS

Why your Postpartum  
Body Deserves  
Physical Therapy

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A comprehensive overview of pelvic floor health, particularly in relation to pregnancy, childbirth, and postpartum recovery.

## WHY THIS MATTERS

The pelvic floor muscles are essential for bladder, bowel, and sexual function. Relaxation and awareness techniques can help engage and coordinate the pelvic floor more effectively.

“Just because something is common, does not mean that it is normal.”

## INCONTINENCE

**Causes** include pelvic floor weakness, poor pressure regulation, and bladder irritants (caffeine, alcohol, chocolate, etc.)

**Stress** leakage with coughing, sneezing, jumping.

**Urge** sudden urge and inability to reach the bathroom

**Mixed** combination of both types

**Treatment** includes manual therapy, breathing retraining, behavioral modifications, and bladder diaries to identify fluid patterns and triggers.

## DIASTASIS RECTI

This natural separation of abdominal muscles during pregnancy with treatment focusing on proper core engagement, starting with gentle exercises and progressing to functional movements like lifting and standing.

## PELVIC ORGAN PROLAPSE

**UP  
TO  
50%** Affecting up to 50% of women, occurs when organs like the bladder, uterus, or rectum bulge into the vaginal wall due to weakness or pressure.

**Symptoms** include heaviness, low back pain, a sense of bulging, and discomfort during intimacy

**Management** involves regulating pressure, strengthening the core, and avoiding behaviors like breath-holding during lifting.

## IT IS NEVER TOO LATE TO START

Pregnancy impacts breathing, posture, and core function, making postpartum PT crucial regardless of delivery method.

Physical Therapy Approach Pelvic floor physical therapy integrates manual therapy, exercise, neuromuscular retraining, and lifestyle coaching. Each treatment is personalized based on the individual's history, symptoms, and functional goals.