



Pregnancy and postpartum physical therapy.

Prenatal and postpartum difficulties are fairly common. They can be painful or worse. Women may not know that physical therapy can help them with issues such as low back pain. These and other problems can have a significant impact on a woman's general health and well-being.

How we can help.

Whether you are dealing with pelvic instability, neck and back strain caused by the demands of maternity and motherhood or you simply want to get back into prepregnancy shape, the physical therapists at Back In Motion Rehabilitation can help. We offer specialized training and a wealth of experience treating women's health conditions. We offer:

- Prenatal strengthening & fitness
- Postpartum rehabilitation & fitness

Prenatal:

Changes during pregnancy can cause discomfort. We can treat these and help you have an easier time during pregnancy.

- Low back pain &/or sciatica • Upper back &/or shoulder pain
- Thoracic outlet syndrome • Thoracic pain • Ankle or wrist discomfort • Carpal tunnel syndrome • Tarsal tunnel syndrome

Postpartum:

After childbirth, you should follow up with one of our physical therapists to learn about proper exercise and stretching. You may notice

changes after childbirth that were not present during pregnancy.

We can treat:

- Back pain • Pelvic & lumbar instability
- C-section • Pelvic floor weakness
- Hip pain • Pelvic pain • Scarring

Physical therapy includes:

- Soft-tissue mobilization, myofascial release, deep tissue massage
- Muscle energy techniques • Therapeutic exercise
- Posture, lifting techniques & biomechanics
- Electric stimulation & other modalities

We have created an environment that truly enhances the healing and rehabilitation process. Our physical therapists treat every patient with genuine caring and compassion, which is especially important for women experiencing postpartum complications. We help patients relax and focus on their treatment with the confidence that comes from a supportive environment. To learn more about how we can help pregnancy and postpartum problems, call Bay City at 989-892-4557 or Saginaw at 989-799-9150.



Back In Motion
Rehabilitation, LLC

Where experienced hands-on care gets results.

Two convenient locations:

Bay City: 2618 Center Avenue

Bay City, MI 48708 • 989-892-4557

Saginaw: 4884 Gratiot Avenue, Suite 19

Saginaw, MI 48638 • 989-799-9150

www.BackInMotionRehab.com