

The Role of Physiotherapy During and After Pregnancy



Highlights

Physiotherapists are healthcare professionals who specialize in movement and pain management.

They help improve mobility, relieve pain, and restore function in various conditions.

During pregnancy, physiotherapy can reduce strain on muscles and joints, helping expectant mothers stay active and comfortable.

Pregnancy hormones loosen ligaments and muscles, making them more prone to strain. This can lead to discomfort and mobility changes.

After childbirth, physiotherapy aids recovery and helps restore core strength.

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Understanding Physiotherapy

Benefits of Physiotherapy During Pregnancy

Birth injuries

Urinary incontinence, which affects many women during and after pregnancy

Lower back pain, which is common due to posture changes

Pelvic floor dysfunction, which can cause incontinence and pain

Pregnancy-related muscle stiffness and joint pain

Benefits of Physiotherapy After Childbirth

Bladder and bowel control problems

Pelvic floor weakness, which can affect daily activities

Abdominal separation, also known as diastasis recti

Back pain, which is common after childbirth

Safe return to exercise and sports

Common Physiotherapy Techniques

Massage and ultrasound therapy

Joint manipulation for better mobility

Stretching exercises to improve flexibility

Postural training to prevent strain

Exercises to strengthen muscles

Use of supportive belts or compression garments

Recognizing the Need for Physiotherapy

Difficulty controlling your bladder or bowels

Persistent lower back or pelvic pain

Pain or numbness in your hands or wrists

Weakness in your pelvic floor muscles

A noticeable gap in your abdominal muscles

Discomfort when sitting, standing, or moving

Pregnancy-Related Conditions Treated with Physiotherapy

Pelvic Girdle Pain

Carpal Tunnel Syndrome

Lower Back Pain

Diastasis Recti

Urinary Incontinence

Safety of Physiotherapy During Pregnancy

Finding a Qualified Physiotherapist

Their experience with pregnancy-related conditions

Their qualifications and certifications

Their approach to treatment and rehabilitation

Recommendations from other healthcare providers or mothers

Tools And Assistance

Home-based therapy routines for those unable to attend in-person sessions.

Pelvic floor trainers that provide feedback for proper muscle engagement.

Maternity support belts that help reduce strain on the back and pelvis.

Exercise balls and foam rollers for safe stretching and balance training.

Compression garments to improve circulation and reduce swelling.

Digital physiotherapy apps that offer guided prenatal and postnatal routines.

Informational materials such as videos and handouts on proper posture and safe movement.

Parenting and recovery support groups to share experiences and receive guidance.