



Physical Therapy While Pregnant

As you journey along the next several months your body will undergo many changes, only some of which will be visible. We encourage you to maintain an active lifestyle during your pregnancy for an optimal outcome for both yourself and the baby.

Some women during pregnancy will experience pain or discomfort as they grow. Many women unfortunately feel this is “normal” for pregnancy and nothing can be done about it. In most cases this is not true. Physical therapy treatment can help eliminate or alleviate symptoms of common musculoskeletal problems experienced during pregnancy including but not limited to:

- Low back pain
- Sciatica or pain that radiates down your leg
- Groin pain
- Hip pain
- Rib pain
- Numbness / tingling in your hands or in the leg(s)
- Upper back pain
- Shoulder pain
- Impaired ability to control your bladder
- Pain with sexual intercourse

If you experience any of these symptoms, or something not listed above please feel free to ask your healthcare provider about a referral to an InterMed Physical Therapist that specializes in treatment of pregnancy related conditions.