



Post-Partum Pelvic Health and Rehabilitation

Your body has just gone through some incredible changes over the past 9 months to prepare for the birth of your new baby; however, now that your baby is here, do not forget to allow time for your own body to heal and recover from the pregnancy and labor/delivery.

Childbirth and pregnancy can weaken the pelvic floor muscles and damage supporting connective tissue, creating many uncomfortable and distressing symptoms related to bladder, bowel, and sexual function. The following are some common conditions following childbirth:

- Urinary or fecal incontinence
- Difficulty controlling gas
- Urinary or fecal urgency
- Pelvic organ prolapse
- Diastasis recti
- Painful scar
- Painful intercourse

Although these conditions are common, they certainly should not be considered “normal”, and can be effectively treated with pelvic physical therapy. Pelvic physical therapy is a

specialized area of physical therapy that focuses on evaluation and treatment of the muscles in the pelvic region which are responsible for supporting pelvic organs, maintaining bladder and bowel control, and contributing to sexual function.

If you are currently experiencing any of the above symptoms, would like to be proactive in your recovery, or have other questions, feel free to contact us at the MercyOne Comfort Health Center for Women at 515-222-7474. You can also discuss with your OB provider, who can place a referral for pelvic physical therapy.

If you had a third or fourth degree perineal tear during vaginal childbirth, your OB provider has automatically put in a pelvic physical therapy referral for you. A team member from MercyOne’s Comfort Health Center for Women will be calling to follow-up with you and assist you with scheduling this appointment in the next 4-6 weeks.