

Physical Therapy After You've Delivered Your Baby



Your body has just gone through an incredible journey: growing a baby and giving birth. After delivery, many women have changes in their bodies that cause discomfort. If you are still experiencing problems six weeks after your delivery, physical therapy can help treat them and prevent long term issues.

What causes issues during pregnancy and after?

- Hormone changes may cause increased joint motion and changes in posture
- Muscles can become tight and tired, resulting in pain
- Sleeping less, changes in how your body moves, and emotional stress may take their toll as you care for your new baby

How can physical therapy help?

Valley's physical therapists are specially trained to offer after-delivery therapy including:

- Hands-on techniques to ease pain and muscle tightness
- Exercises to strengthen weak muscles
- Education about techniques to ease daily activities and childcare

Physical therapy can help with these conditions

- Urinary and/or fecal incontinence (leaking)
- Pelvic, low back and/or c-section pain
- Pelvic organ prolapse (pelvic pressure and heaviness)
- Diastasis recti (mommy pooch)



Request a Referral

Ask your provider to fax a referral to 425.690.9650 or to place an order in Epic for Physical Therapy (REF87).

Rehabilitation Clinic

Phone: 425.690.3650 Fax: 425.690.9650

400 South 43rd Street Renton, WA 98058

*Located on the ground floor of the Northwest Pavilion,
across from the Medical Arts Center*

Rehabilitation Services
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