

8 THINGS YOU MIGHT NOT KNOW ABOUT YOUR POSTPARTUM BODY

1

MIND-BODY

Your brain and your muscles need to reconnect to establish your new postpartum baseline. It's a strong and beautiful baseline, Mama...but you can't strengthen a muscle your brain isn't talking to.



2

AB WORK

Crunches, planks and intensive 'ab work' may be unsafe and may make your tummy look worse, not better! Your pelvic PT can explain why you may need to adopt a different abdominal routine while you're still healing. If you see abdominal tenting or doming during the exercise, it might be too much, too soon!

3

DIASTASIS RECTI

The reason for the "pooch" or "doming" of the abdominals may be due to something called diastasis recti. This is a separation of the outermost ab muscle. Check yourself or ask your pelvic provider!



4

BLADDER WOES

Urinary frequency, urgency and incontinence is common after pregnancy, but it is not normal! These issues are all very treatable and can be managed and controlled with treatment. If you are more than 6 weeks postpartum, get checked!

5

SURGERY

Surgery is not your only option for stress incontinence, diastasis recti, hernia or pelvic organ prolapse. There are numerous conservative treatment options out there to reduce the pressure causing the problem. Ask your pelvic provider for a referral before jumping into the operating room!

6

POSTURE

Everything from the shoes you wear and how you unconsciously stand, sit, move and walk will directly affect the ability for your pelvic floor and core to heal. Your pelvic PT can assess you from head to toe.



7

PAINFUL SEX

Unfortunately, your pelvis went through a little trauma with pregnancy and childbirth. When your pelvic floor nerves and muscles are not functioning appropriately this can lead to painful intercourse. Talk with your OBGYN about this and ask if a referral to pelvic PT is appropriate for you.

8

NORMAL, RIGHT?

Too many times we ask the questions and hear: you had a baby, that's normal. It might be common, but it's NOT NORMAL. You deserve to feel connected to your body again and to enjoy your motherhood journey without dysfunction!

