

# How Physiotherapy Can Help You in Pregnancy

During pregnancy, you will experience body changes – your shape, how you move, and you might feel uncomfortable in some areas in your body. Physiotherapists (often called *physios*) who have training in pregnancy and pelvic floor can help you during pregnancy. This pamphlet explains how a physiotherapist can help you.

## 1. Reduce pain

You might get pain in your back, hips, feet, neck, and hands as your baby grows and hormones change. Normal changes in pregnancy can also make chronic pain worse. Physios can help you to reduce your pain through:



Massage



Dry needling



Joint movement



Electrical Stimulation



Exercises



Hydrotherapy

Dry needling is where a fine needle is placed into a painful point in a muscle to relieve pain and improve movement.

If you take medication for chronic pain, it is important to talk with your doctor about reducing this medication as some medication could harm your baby.

## 2. Help you exercise

Regular exercise during pregnancy is great. It helps you:

- feel good and helps to maintain a healthy body weight.
- reduce the risk of pregnancy complications
- improves your strength and flexibility to prepare for baby's birth
- if you have a physical disability to move better and manage muscle spasms.

You can do exercises anywhere - at home, at a gym or in a pool. As a group or by yourself.



At a 1-hour appointment, a physio can prepare a program based on your needs, interests and disability.



Your appointment can be at their office, or at your home. Home-visits can help if you have trouble moving around. They will also see you moving in your normal house environment.

Physiotherapists will also help you find your pelvic floor muscles and keep them strong and stop you from leaking urine. Our handout on this explains what this is clearly.



Phone us to find out more