



Information sheet: Pregnancy and postnatal

Pelvic / hip / back pain

I offer a practical blend of treatment approaches that can help you can control over your pain and body.

There is a known interaction between hormones and the changes in pelvic joints, muscles and abdominal organs during a following pregnancy (often for a year or so).

This can cause the onset of pelvic girdle pain back and front which can go from slight discomfort to severe pain.

I specialize in treatment for this problem, take it seriously as I know how painful it can get and how little help women may get.

My treatment is not just about reducing pain but also about regaining the ability to use your body effectively.

Typically only a few treatment sessions are required as I will give you advice for managing these problems at home/work, and can loan support belts/binders if indicated.

Perineal problems postnatally (Prolapse, tears, episiotomies)

We look at ways to rehabilitate your muscles and restore soft tissue integrity and function.

We also spend time working on scar management and continence; both are issues that can affect your quality of life and sexuality.

Abdominal muscle separation

I assess and offer exercise prescription, advice and loan binders if indicated.

Contact details: Linley Edmeades, 13 Lorne Street, Hamilton.

Telephone: 07 829 7939

Email: info@pelvichealthphysio.co.nz

Web: www.pelvichealthphysio.co.nz