

Understanding Postpartum Symptoms

The first 6 weeks after giving birth your body is recovering from the most wonderful, and exciting experience of life - childbirth. The body also experiences one of the most impactful and often traumatic events of life thus far. The pelvic floor muscle is disrupted by pulling and stretching up to 2.5 times it's normal length, and often tearing occurs during pregnancy and delivery, which affects how it functions. The muscles need to contract and relax symmetrically throughout their full range of motion to provide proper support or other problems will arise.

Having a baby is a big deal!

The most common postpartum symptoms are:

- Pain associated with intercourse.
- Frequent need to empty bladder.
- Bladder leakage with laugh, cough, or exercise.
- Chronic constipation or bowel leakage.



Our pelvic floor hangs like a hammock, holding the pelvic organs in place and maintaining the pressure at each outlet. Pelvic muscle exercises and electrical stimulation restore the strength and function to the pelvic muscle after childbirth, help to redirect neuro signals and release any tension in the muscle. Some countries recognize pelvic floor therapy as a medically necessary part of postpartum healing. "Surgery changes the anatomy. PFT changes the functionality."

Over 50% of postpartum women experience symptoms!
You are NOT alone!

Empowering Women. Restoring Hope.