

## Do you need a check-up?

Every mother benefits from a postpartum check-up. Pregnancy and childbirth bring substantial changes to your body and lifestyle. This is true regardless of the medical complexity of the pregnancy and the method of delivery. Proactively addressing potential postpartum issues allows for a more speedy recovery and reduces the risk of developing chronic pelvic pain and incontinence. We are here to help identify and treat postpartum issues specific to your body and lifestyle.

## Do you have pelvic floor dysfunction?

Find the Cozean Pelvic Dysfunction Screening Protocol on our website!  
[www.SuttonPlacePt.com](http://www.SuttonPlacePt.com)

## When is the best time for a check-up?

While 6 - 12 weeks postpartum is the optimal time, its never too late!

# Sutton Place Physical Therapy



## Specialty Services

- Pelvic health for men & women
- Bladder & bowel problems
- Pelvic pain & painful sex
- Prenatal & postpartum pain

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# Sutton Place Physical Therapy



Postpartum Physical  
Therapy Check-Up



## Why do I need a check-up?

To identify and treat:

- Urinary or fecal incontinence
- Painful sexual intercourse
- Constipation
- Pelvic organ prolapse
- Urinary frequency
- Back, neck, hip, or pelvic pain
- Difficulty returning to an active lifestyle
- Pain with lifting your baby, sitting, or performing other daily activities



Schedule a convenient treatment in one of our clinics today!

## Did you know?

- An International Journal of Obstetrics and Gynaecology found that among women who reported having urinary incontinence at 3 months postpartum, 76.4% reported still having it at 12 years.
- 60% of postpartum women have a separation of their abdominal muscles, (diastasis recti) and 39% continue with abdominal issues 6 months later.
- 24% of women have painful sex 18 months after giving birth.
- 30% of women who have untreated pelvic pain during pregnancy later become chronic pelvic pain patients.
- 50% of all women have pelvic organ prolapse.



We have heard stories of women deciding to limit family size due to pain during or after pregnancy. You don't have to live with pain. A women's health physical therapist can help!

## What will be evaluated?

- Internal pelvic floor muscle tone, pain, strength and coordination
- Abdominal muscle separation, also called diastasis recti
- Overall posture, flexibility, strength, ligamentous stability, movement patterns
- Mobility and quality of episiotomy or c-section scar



## How will I be treated?

- Hands-on manual therapy to treat pain and improve scar mobility
- Manual therapy and exercise to increase stability of the spine and abdominal muscles.
- Training in body mechanics for nursing, bathing, carrying your baby and heavy baby gear.
- Supervised progression to return to running, exercise classes, or other fitness pursuits.