

# BACK<sup>2</sup>NORMAL *be* responsible.™ MONTHLY TOPIC

February 2018

## taking care of mamas

### ATTENTION ALL CURRENT MAMAS AND MOMS TO BE

Becoming a mother changes nearly every part of our lives and our bodies. Balancing the physical, emotional, and health requirements for yourself and a growing family can be the ultimate balancing act. At Back 2 Normal PT we want to support you in this journey starting with taking care of you, the Mama.

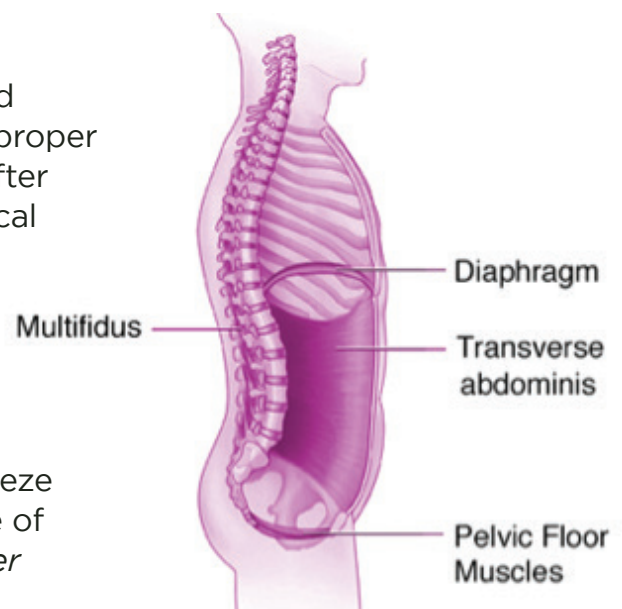
#### The Staggering Stats

- 50% of women experience pelvic organ prolapse with symptoms of bladder and bowel dysfunction. (Hagen et al, 2004)
- 45% of women suffer urinary incontinence 7 years after giving birth. (Wilson et al, 2002)
- 66% of women with DRAM (diastasis recti abdominis) suffer from either stress urinary incontinence, fecal incontinence or prolapse. (Spitznagle et al, 2007)
- 24% of women reported pain with intercourse (dyspareunia) 18 months after giving birth. (McDonald et al, 2015)
- 58% of women report pain at the site of incision after caesarean section. (Declercq et al, 2013)

Retraining the core, which includes the pelvic floor and diaphragm, as well as deep abdominals (transversus) and back muscles (multifidus), is essential. We must all gain proper function of this deep system to restore physical health after pregnancy, labor and delivery, and to maintain the physical demands of taking care of little ones.

#### Meet Your Core

The key to successful recovery is proper coordination of breath and these muscles. It's a dynamic system that should move and work all day every day (not just a squeeze and hold now and then). And it all starts with proper use of the diaphragm and pelvic floor. (*How often have you ever heard that?*).



## Pearls from the Pro

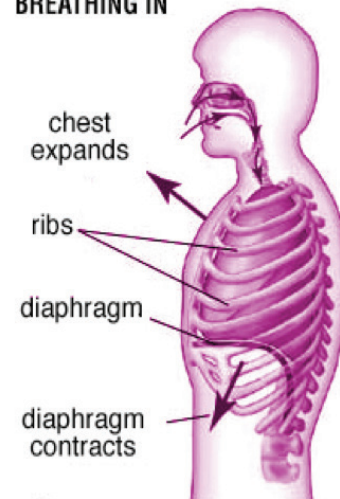
### BREATH BREAKS THROUGHOUT THE DAY WITH MINDFUL DIAPHRAGM BREATHING

1. Practice breathing in slowly, 6-7 seconds. (Let your belly, back and pelvic floor relax as if you are filling a balloon of space in your pelvis.)
2. Exhale slowly without force, 6-7 seconds. (Let your diaphragm relax.)
3. Perform 5 rounds, at least 5 times per day. (When at stop lights, when you walk by a window, etc.).

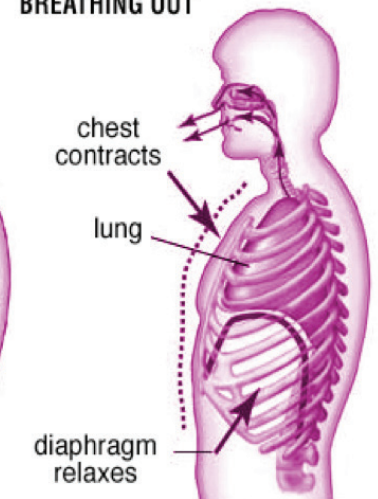
With each inhale, breathe in gratitude and give thanks for the good in life. Exhale and let go of what you can't control. This helps your body to "chill out" and go into rest, digest and heal mode.

*A you inhale your pelvic floor should descend.  
As you exhale your pelvic floor should rise up.*

#### BREATHING IN



#### BREATHING OUT



### THE "KNACK"

When you exert, cough, sneeze or lift, pre-contract your pelvic floor up and in as you exhale. Maintain a long spine (don't curve into a "C"). This often prevents leaking. (Yes, you will have to bring your elbow to your face when you cough or sneeze.)

### PELVIC REST AND MEDITATION

Relax in this position with your pelvis up on a pillow for 10-20 minutes, most days.

1. Utilize the breathing technique above to get into rest, digest and heal mode.
2. Breathe in a relaxed manner and meditate, rest or even take a nap.
3. Add in a belly rub and lift the contents gently up towards you. (If pregnant, modify to a semi reclined or side lying position, and give your belly and baby a little massage.)



Special thanks to our contributing writer, **Jolene Faught, PT, WCS, Physical Therapist & Pelvic Health Specialist**. Jolene is the newest physical therapist to join B2N; and she is thrilled to be able to bring her expertise to create a holistic, patient centered pelvic health program in St. Petersburg.

## february special

**SAVE \$25 on your first visit with Jolene during the month of February. Call us today to learn more or to book your appointment – mention this ad to take advantage of this special savings!**

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