

POSTPARTUM REHAB

Exercise Rehab to support Mama's in healing



Filling in the Gap of Postpartum Care

By Dr Devin Welch

Firstly, Congratulations on the arrival or soon to be arrival of your little one. Throughout pregnancy and delivery you are surrounded by doctors and professionals constantly checking in on the health of you and babe. Then after delivery and labour the focus shifts to baby and mom is sent home with a peri bottle and instructions to rest. As you navigate life with your new addition, you also have to navigate through your recovery and what impacts pregnancy and delivery had on your body and health.

Your body has gone through incredible changes to carry and deliver your babe. Those changes do not go away or heal as soon as baby arrives. We want to prevent and/or resolve symptoms some women have begun to believe are the inevitable side effects of giving birth. We want to support you in your healing past your 6 week clearance, to ensure you can return to the things you love without fear of pain or peeing your pants.

FREQUENTLY ASKED QUESTIONS ANSWERED

WHEN CAN I START REHABILITATION AFTER BIRTH?

WHAT IS INVOLVED WITH REHAB AFTER BABE?

WHY WOULD I WANT TO REHAB?

WHAT CAN HAPPEN IF NO REHAB OCCURS?



Every pregnancy is different and every delivery is different. There are things every mama can start to do hours after delivery to dip your toes into healing. However, to really start a rehabilitation program that focusses on breath work, core muscles, pelvic floor muscles and whole body strengthening it depends on the type of delivery you had. Vaginal birth that was uncomplicated can start 2 weeks postpartum, vaginal birth that was more complicated can start 4-6 weeks postpartum and mamas who had a cesarian can start 6 weeks postpartum.

How your chiropractor can be a support for you?

Whether you were seeing a chiropractor during pregnancy or not they can be a great resource postpartum. Not only for healing but adapting to the new stresses on your body as you care for a newborn. Common complaints seen in new moms are upper back and neck pain from carrying or feeding positions, mommy wrist, low back pain as core muscles are not engaging as they did before, diastasis recti and more. While treatment can include adjustments, soft tissue techniques, position advice, therapeutic tape and more to help with pain complaints. We can also prescribe exercises to help you regain and reconnect with muscles as you navigate this new stage of your body. We can meet you where you are and slowly and safely help you regain strength so you can return to the activities you love without pain or risk of further injury. We are here to fill the gap between delivering, your 6 week check and returning to the activities or exercise you



WELCOME TO ALTAVIE HEALTH

At AltaVie, we are committed to delivering the highest level of musculoskeletal care to our patients in all stages of life. Depending if you have visited us before, your first visit will be 30 mins or a full hour. Your chiropractor will take a full history, do a full exam, explain any findings,

likely provide the first treatment and teach you some beginning exercises during that time.

If you have any questions, please do not hesitate to give us a call to book a no pressure free 15 minute chat with one of our chiropractors 778-484-4414.