

PHYSICAL THERAPY

Q. I'm pregnant and recently started having back pain with pain down my leg. My doctor said it would just get better after I had the baby. How am I going to sleep, work, and care for my older child for the next few months? I've heard of physical therapy for back pain but what about during pregnancy?



Jennifer A. Thibodeau, MPT
Licensed Physical Therapist

A. Back pain and sciatica are quite common due to the strain placed on the lumbar and sacral regions. Pregnancy hormones loosen joints, while the added weight make your muscles have to work extra hard. While rest can help, appropriate and safe strengthening, stretching and exercising will dramatically improve your ability to function without pain and enjoy your pregnancy. A healthier pregnancy also means a quicker recovery after the birth, with less risk of persistent back pain. You can directly contact a women's health physical therapist, or at your next prenatal appointment request a P.T. referral.


Personal Physical Therapy Services
Personal Issues... Personal Care

480 West Jubal Early Drive • Suite 310
Winchester, VA 22601
Phone: 540-450-0680 • Fax: 540-450-0681
Email: info@ptservices.net • www.ptservices.net