

Postnatal Physiotherapy: Necessary Goal for Alleviating Pregnancy-Related Discomforts

Anukriti Khatri*

Department of Physiotherapy, Punjab University, India

Introduction

Pregnancy causes a variety of physical, emotional, and hormonal changes in a mother's body. After birth, these alterations begin to fade on their own. However, in certain situations, it progresses and causes significant discomfort. Sleep loss, exhaustion, nursing, lifestyle behaviours, and routine disruptions can all have a negative impact on a mother's health. Muscle discomfort is one of the most prevalent symptoms that most mothers experience after giving birth. Uterine contractions after delivery, incisions, nursing, poor posture, and chemical changes are all common causes of aches and pains in numerous body areas. A woman will undergo physiotherapy treatment to alleviate these acute pregnancy-related discomforts. Here are five post-pregnancy physiotherapeutic therapies that every new mother should consider.

For muscles of the pelvic floor

The pelvic floor muscles are in charge of supporting the womb during pregnancy. During vaginal birth, however, these muscles stretch to their maximum length, which is 4 times their regular size. They may potentially rupture as a result of this procedure. Muscle rehabilitation is required as a result of all of these drastic alterations. A physiotherapist evaluates and assesses the muscle state of the pelvic region with great care, and then treats it accordingly.

For abdominal muscles

During pregnancy, the two primary abdominal muscles become separated from one another. Performing a specific action can assist in the restoration of these distant and weaker muscles. Regular exercise, as directed by the physiotherapist, can help thicken and strengthen the muscles, allowing them to heal more quickly.

For musculoskeletal region

A mother's pelvic girdle and back endure pain shortly after delivery. The continual bending of the head and rounding of the shoulders while carrying or breastfeeding the newborn is the cause of these symptoms. A mother can get rid of this ache with the right workouts and physiotherapy therapies. The physiotherapist will inquire about any

present or previous joint or muscle pain or damage. Pelvic girdle pain (pain in the pubic bone or buttock region); back pain; forward head posture and rounded shoulder owing to frequently lifting and carrying the infant, as well as round-the-clock breast feeding are the most typical problems in these early weeks. It is critical to diagnose and treat these disorders early on in order to prevent them from becoming chronic.

For dysfunction of the bladder and bowel

During pregnancy and the first few weeks afterward, many women develop bladder or bowel difficulties. Urination or excretion is caused by the contraction and dilatation of the pelvic muscles. Because these muscles also carry the womb, their rupture or malformation can result in significant pain and dysfunction. Prevention is preferable to treatment, and if an issue can be identified at this time, the dysfunction can be easily corrected with physiotherapy assistance.

Exercise routine for new mothers

When it comes to getting back into shape or participating in activities, every new mother has different postpartum goals. One person may want to run a half marathon in four months, while another may want to stay in shape while carrying her newborn child, and yet another may want to get back to her pre-pregnancy weight.

After delivery, it's critical to return the body to its pre-pregnancy state. New moms must plan out their fitness and meditation routines in order to stay fit and perform better as mothers. Physiotherapy programmes can help you achieve your objective by giving your body physical strength.

References

1. Physiopedia (2021) Low Back Pain and Pregnancy.
2. Physiopedia (2021) Physical Activity and Pregnancy.
3. Barakat R, Perales M, Garatachea N, Ruiz JR, Lucia A (2015) Exercise during pregnancy. A narrative review asking: what do we know? Br J Sports Med 21: 1377-1381.
4. Katonis P, Kampouroglou, A, Aggelopoulos A, Kakavelakis K, Lykoudis S (2011) Pregnancy-related low back pain. Hippokratia 15: 205-210.

*Corresponding author: Anukriti Khatri, Department of Physiotherapy, Punjab University, India, E-mail: anu-kriti.khatri@gmail.com

Received July 08, 2021; Accepted July 23, 2021; Published July 30, 2021

Citation: Khatri A (2021) Postnatal Physiotherapy: Necessary Goal for Alleviating Pregnancy-Related Discomforts. J Nov Physiother 11: e111.

Copyright: © 2021 Khatri A. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.