



Postpartum Lesson 4

Pelvic floor dysfunction and other PP related injuries



What's included:

- Types of pelvic floor dysfunction
common postpartum and how to treat

Pelvic Floor Dysfunction Postpartum

- In Module 1, PFD conditions were defined and for postpartum phase, please review.
- It is important to identify and understand that PFD can continue into the postpartum phase and may be a direct result of birth.
- PFD may already be present in PP female and unknown.
- The activity the postpartum female chooses to engage in PP can affect the PFD, for example, if a pp woman engages in activity too soon that places too much tension on the intra-abdominal wall, she may potentially worsen her diastasis or create unnecessary pressure on the pelvic floor leading to POP.
- The same is true for someone who engages in no activity and neglects to establish a foundation of strong pelvic floor and core strength

Non-PFD
common
postpartum
related injuries

- De Quervains
- Carpal tunnel syndrome
- Planter fasciitis
- Neuropathy
- Varicose veins

“Finding the right balance of restorative exercise and creating a foundation before returning to pre-pregnant activity is vital for the success of the postpartum fitness journey.”

- Danielle Spangler