



Perinatal

Mothers often experience musculo-skeletal problems during and after pregnancy including:

- Altered posture
- Shortened muscles
- Muscular imbalance
- Changes in mobility
- Pain in the pelvis, back and hips
- Abdominal weakness
- Muscle imbalance that can affect the ability to control bodily functions

Ask your doctor if physical therapy is appropriate for you. Our team can help with:

- Individualized instruction on exercises to address muscle imbalance and weakness
- Manual therapy
- Posture and body mechanics

LOCATIONS:

Physical Therapy – Irondequoit

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Physical Therapy – Greece

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