



July 2022
Newsletter

TAYLOR
PHYSICAL THERAPY

NEW MOMS SCREEN

Many issues that women face as they age can be prevented with appropriate early intervention following childbirth. Taylor Therapy is pleased to offer a **free screen to new moms** following delivery. Ideally, this would occur within the first two-four weeks after. If a woman delivers at Waverly Health Center Monday through Friday, they will be screened during the course of their hospitalization. Women delivering on the weekend or at alternate facilities can call to schedule an appointment at their earliest convenience.



WHAT IS A NEW MOMS SCREEN?

A FREE screen for new moms that will answer any questions or concerns that they may have regarding pain or dysfunction after delivery, including a safe return to activity. While being evaluated in the clinic, the following is assessed:

- Abdominal integrity
- Lower back / sacroiliac alignment
- Pelvic floor function
- Posture



Flip to read more!

Taylor Physical Therapy

Waverly (319) 352-5644 • Nashua (641) 435-4476 • Parkersburg (319) 346-9783
Sumner (563) 578-5125 • Denver (319) 406-0185

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JULY 2022 NEWSLETTER: NEW MOMS SCREEN

Completed as a screening service, a referral is not needed, nor will a cost be associated with the screen. Taylor Therapy offers this screen free of charge as a way to encourage new mothers to get the help they often don't realize is available but need!

WHAT HAPPENS AFTER THE SCREEN?

If there are not any concerns that warrant physical therapy after the initial screen, a few tips or exercises will be recommended without further follow-up.

If an area of concern is identified, the therapist will treat during the screen and recommend a formal evaluation and pelvic floor physical therapy. At this time, pending insurance, a referral from a physician may be needed. Any following therapy visits, including the formal evaluation, will be billed through insurance.



WHAT CAN PELVIC FLOOR THERAPY HELP WITH?

Pelvic floor therapy is a specialized service within physical therapy that addresses numerous postpartum physical changes, including the following:

- Urinary incontinence
- Fecal incontinence
- Pelvic organ prolapse repair
- Pain with sexual activity
- Lower back pain
- Pelvic pain
- Separation of the abdominal muscles (diastasis recti)
- Inability to be as physically active as prior to pregnancy



The sooner therapy is started following delivery, the more successful the outcome. This allows time for concerning and sometimes debilitating issues like SI dysfunction and diastasis recti to be addressed. This also allows education in diaphragm and pelvic floor recruitment, facilitating faster and more complete recovery. Please educate your patients to contact our staff at Taylor Therapy in Nashua, Parkersburg and Waverly Health Center to schedule their **FREE New Moms Screen** today.