



PHYSICAL THERAPY | PILATES | WELLNESS

Prenatal Care & Postpartum Physical Therapy

Prenatal Care at SANA

Pain & Pelvic Floor Dysfunction During Pregnancy: Pregnancy, such a wonderful time, unless you are struggling with pain, pressure or incontinence, which is incredibly common (but not normal). At SANA, we treat incontinence, pelvic girdle pain, low back and SI pain, pubic joint pain, hip pain, sciatica, carpal tunnel syndrome and other common difficulties.

Birth Preparation: We offer hands-on sessions to optimize your pelvic bones and muscles for an easier and smoother delivery. Practice pushing effectively, yet gently, on your pelvic floor, learn about the best positions to labor and push in and learn what positions to try if labor stalls or slows. We educate on perineal massage to get the tissues ready for delivery! Partners are welcome to join. Book this visit at 33+ weeks of gestation.



Postpartum Recovery at SANA

Almost 75% of new moms have postpartum complications. At SANA, we treat a variety of conditions.

- Our team helps you recover from bladder and bowel dysfunction, post surgical pain and painful scars (vaginal tears or C-section), painful intercourse, low back, pelvic girdle, and hip pain.
- If nursing hurts, we use modalities and manual therapy to clear clogged ducts.
- We assess and treat Diastasis Rectus Abdominis and weak core musculature and get your body to return to exercise and athletics safely.
- Our Pelvic Floor Physical Therapists are also certified in Pilates and experts in all that is CORE rehabilitation.

MASSAGE THERAPY

Sana also offers Pre and Postnatal Massage Services. Through advanced coursework and training our therapists specialize in massage for the mother and mother-to-be. We position our prenatal clients on a custom pregnancy pillow to ensure the fullest comfort.

Call to schedule your appointment! 716.671.SANA (7262)

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