


Postpartum Focus: Caring for a Woman After Birth

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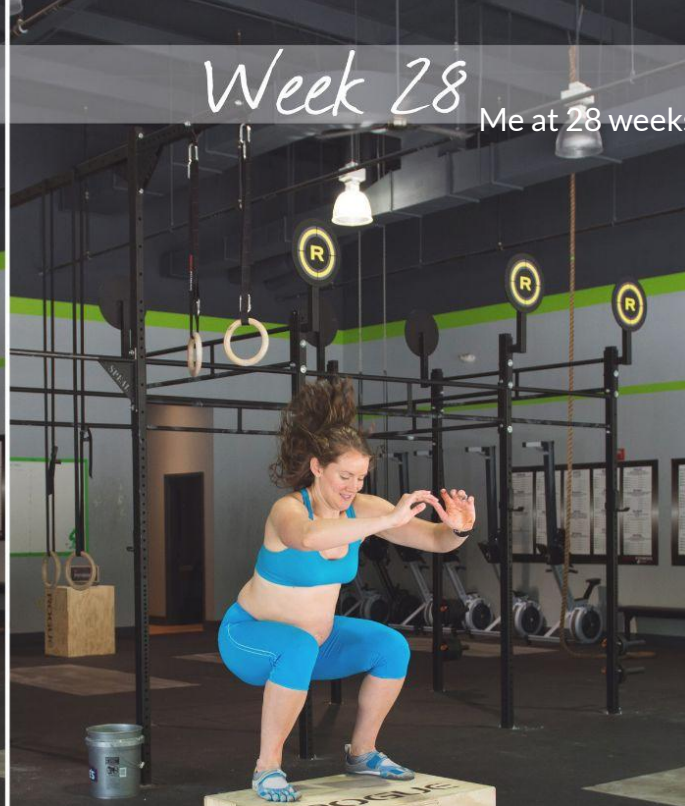
Instructor: Motion Palpation Institute; moveMentors

What Comes Before Postpartum



“The morphological characteristics of the female spine were probably developed to reduce stress on the vertebral elements during pregnancy and nursing.” (1)

Me at 36 weeks pregnant, photo credit: Amanda Ditzel



Week 28

Me at 28 weeks pregnant, photo credit: Amanda Ditzel

“Lordosis is shown to exhibit a slight reduction after trimester two in pregnant women enrolled in at least three exercise classes per week.” (2)

Inactive women were 3.7 times more likely to require operative delivery than active women who did at least 30 min of moderate physical activity per day.³

Impact of Birth



Red Flags

Epidural migraine/spinal headache

Blood loss

PMADs - PPA/PPD

- Red Flag Questions/Statements

Infection

Nerve damage

A physical therapist with long red hair, wearing a black t-shirt, is assisting a patient on a treatment table. The patient is lying on their back with their knees bent and feet flat on the table. The therapist is leaning over the patient, with both hands placed on their lower back, providing support or guidance. The setting appears to be a clinical or gym environment with various pieces of equipment visible in the background.

Establishing Care

Common \neq Normal



Postpartum Symptoms

Incontinence

Core dysfunction

Mental health

Thyroid function

Feeding

Laid back nursing⁴

Symptoms of dysfunction

Support team

Frenotomy⁵



Additional Care for Postpartum Women

Postpartum recommended labs

Supplementation recommendations

Detox support (crying⁶)

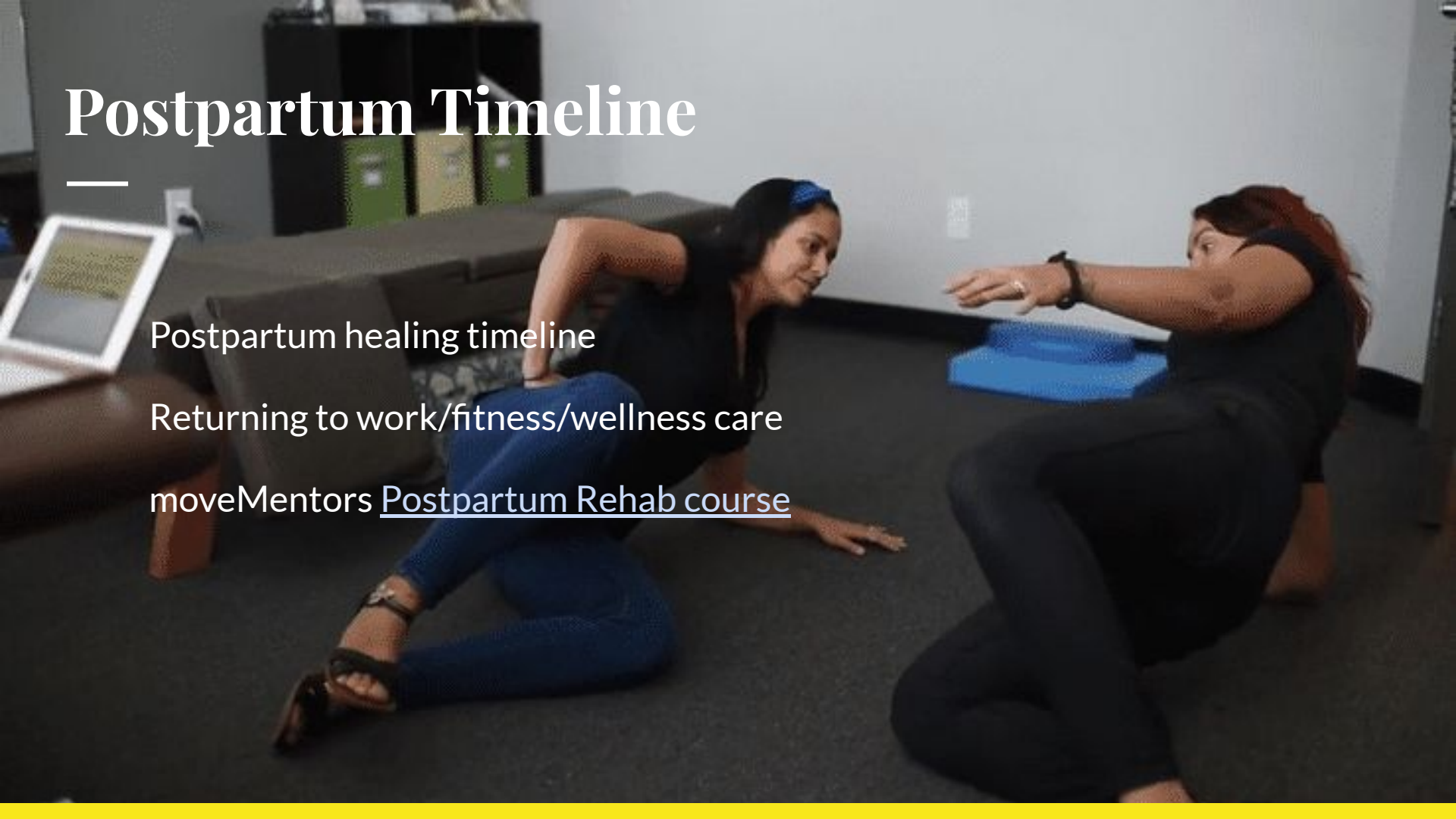


Postpartum Timeline

Postpartum healing timeline

Returning to work/fitness/wellness care

moveMentors [Postpartum Rehab course](#)



Concurrent Care

Building a team

Joining a team

Working solo

Postpartum Weeks	Treatment Frequency*
0-2	Consider home visit
2-12	Every two weeks
12-52	Monthly

Family Considerations

Considerations for mother-child relationship

Feeding, tongue tie, SNS feeding, NICU stay, support system, sleeping

Returning to preconception

Lactational amenorrhea

Notes on Loss

Loss affects 1 in 4 women

What NOT to say

Supporting a grieving and postpartum woman

Additional Recommended Resources

- [moveMentors: Perinatal Manual Care](#)
[MPI Pregnancy/Peds](#)
[Dynamic Neuromuscular Stabilization](#)
[ICPA - Webster](#)

Thank you!
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and Support



www.lindsaymumma.com