

# POST-PARTUM THERAPY

GET BACK  
TO YOURSELF.



# YOUR NINE-MONTH BREAK IS OVER.

The staff at Agility Physical Therapy & Sports Performance are all athletes in one form or another, and completely understand the importance of being active. Whether trying to return to an activity due to an injury or after a pregnancy, sometimes you need the help of a healthcare professional that has the expertise to get you “back in the game.”

## Common Areas of Injury after Pregnancy

It is common for any athlete to have some muscle or flexibility imbalances without any injury. However, when our body goes through dramatic changes over a period of time, these imbalances can be exploited after a pregnancy. It is common to have injuries in the following areas:

- Low back and sacroiliac (SI) joint
- Hip, knee, ankle or foot
- Abdominal or pelvic region

## How Can We Help?

With your physician’s permission, we will perform a comprehensive physical therapy evaluation and develop a treatment plan specific to your personal goals, including:

- Exercise program for home or at a fitness center
- Pain management and injury prevention techniques
- Manual therapy and soft tissue massage
- State-of-the-art videotaped walking and running gait analysis with shoe and orthotic recommendations
- Sports specific functional training
- Progressive return to a walking, running, cycling or fitness program
- Referral to a women’s health specialist (if needed)

## Our Expert Staff

- Board Certified Clinical Specialists in Orthopedics (OCS) and Sports (SCS) Physical Therapy
- Certified Strength & Conditioning Specialist
- Certified Golf Fitness Instructor (Titleist Performance Institute)
- Advance training in biomechanical analysis for lower quarter injuries and manual therapy techniques



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### Portage Location

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### Kalamazoo Location

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