

NEWSLETTER

3 THINGS MOMS SHOULD KNOW ABOUT POSTPARTUM ABS

KIRI KRISHINGNER, PT, DPT, PCES

After having my baby, my body felt like a deflated balloon. Basic activities like rolling over in bed and getting up from the couch were difficult. I couldn't help but wonder, "Is it supposed to be easier after delivery?" Listen up fellow moms! Your core went through a lot to get to this day, so give yourself some grace and check out these statistics:

ONE: Abdominal Separation after Delivery is VERY Normal. Diastasis Recti, or the midline abdominal muscle separation, explains why women feel so weak in the first few months postpartum. 66-100% of women in their third trimester begin to show signs of Diastasis Recti! For those that got through pregnancy without abdominal separation, 53% of women get it during delivery. That is a LARGE majority of new moms!

TWO: Diastasis Recti is treatable with exercise! Here is the good news! Specific retraining techniques including "deep core activation" have been proven to decrease abdominal separation, as well as improve overall quality of life!

THREE: Correct Breathing is your best friend. "Diaphragmatic breathing", or full torso breathing, is the first way to begin engaging those deep core muscles that will start healing the abdominal separation. Here is an example exercise: Think about your core as a strong balloon, open ended on top. The top of the balloon, your chest, does not move. As you inhale, the balloon expands on all sides. As you exhale, the balloon lets the air out, doing so by contracting all sides towards the midline (or your spine). You can begin practicing this as soon as your new babe has taken their first breath!



Why is all of this important? Diastasis Recti significantly alters the way your core functions, and for many women, it does NOT spontaneously heal on its own. Think of two people trying to hold hands from a longer than preferable distance apart. That is what your core muscle fibers are feeling! Diastasis Recti is also associated with chronic lower back pain – another common post-partum issue. It is important to talk about any concerns you are having.

If you would like more information about scheduling with Dr. Kiri, call ReQuest at (352) 747-9992 or email samantha.ream@requestphysicaltherapy.com

You can start working towards your goals as soon as 4 weeks post-vaginal delivery or 6 weeks post-Cesarean. Keep in mind; it is never too late to start your healing journey. You deserve it!

NEWSLETTER

NOT SURE WHERE YOUR PAIN IS
 COMING FROM?

**PHYSICAL THERAPY
 CAN TREAT THE SOURCE**



Have you been struggling with pain and aren't even sure how it started? Have you gotten advice that doesn't seem to help your pain? Physical therapists are trained in identifying and treating the source of your pain, allowing you to shift away from using pain medication to treat the symptoms. Different types of pain can tell you about your body and overall health. Sometimes, pain in your arm or your leg may have little to nothing to do with an actual issue in your arm or leg. Physical therapists are specialists in identifying the causes of pain.

A physical therapist knows how the body's systems work. This understanding makes it possible to identify the potential causes of pain, even if the pain is manifesting itself in an unusual or seemingly inexplicable way. Whether you are suffering from pain in your head, back, neck, or anywhere else in your body, working with a physical therapist can help you find the relief you are looking for. Call ReQuest Physical Therapy today and set up an appointment with our highly trained physical therapists!

Understanding your pain. Sometimes pain develops at the exact moment you are doing something, and you can quickly identify the cause. A new pair of shoes may cause pain in your feet while walking, or your back starts hurting when you lift something heavy. But there are other situations in which pain develops, and the cause of the pain is unclear. No matter what the scenario is, your physical therapist can help you. When you meet with a physical therapist to determine where your pain may be coming from, the first thing you'll do is have a conversation about it. Your therapist will likely want to know:

COME BACK!

SCHEDULE AN APPOINTMENT

BIG

DEAL

ReQuest

PHYSICAL THERAPY

Take your health to another level! Schedule an appointment at a location nearest to you.

Offer expires 05/27/22

- How long you've been experiencing your symptoms
- Where it developed and where is it currently
- What makes your pain better and what makes it worse
- Consider whether or not your pain only happens at particular times of the day or year

These distinctions can help shed some light on what may be causing your discomfort and direct the type of intervention you will need to resolve your problem. Our physical therapist will interpret what you tell them into what the body is trying to say to you!

Regardless of where your pain is, how long you've been dealing with it, or how intense the pain feels, the intelligent thing to do when pain develops is to speak with a physical therapist. Working with a physical therapist can help you finally get a step ahead of your pain, finding treatment options that are designed to provide you with long-term relief instead of temporary relief from medication.

HOW PHYSICAL THERAPY CAN HELP YOU FIND RELIEF

Identifying the root cause of your pain can be difficult, which makes it challenging to treat. Your therapists will determine and categorize your condition through a series of targeted questions, mobility tests, strength tests, and movement screens. This comprehensive assessment allows the therapist to establish what the likely source of your pain is and exactly how to resolve it.

Every sensation you experience is associated with different types of problems, so describing your experience of pain may help determine the best treatment methods for your body's needs. Our therapists will focus on providing the most effective strategy for relief. This systematic approach allows the therapist also to outline your path to recovery in a predictable way.

The main emphasis of physical therapy is education about the likely source of your pain and instruction on effective techniques for relief. Our goals include:

- Reduce pain quickly through targeted movements/stretchers
- Strengthening exercises to address weak muscles contributing to your pain
- Return to normal functioning in daily activities
- Education on how to avoid recurring pain (avoid painful postures and movements)

We focus on doing what helps you feel better and move better!

Call and make an appointment today. Our physical therapists use a systematic approach to pain. They will provide you with targeted exercises and techniques that promote your independence in taking care of your pain now and in the future. **Call ReQuest Physical Therapy today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!**



Sources: <https://onlinelibrary.wiley.com/doi/10.1111/1475-6773.12984>
https://link.springer.com/chapter/10.1007/978-3-030-39982-5_17

CALL GAINESVILLE: (352) 747-9992 OR TIOGA: (352) 670-3461 TODAY TO SCHEDULE AN APPOINTMENT!

IN THE KITCHEN WITH GARRETH

SIMPLE ROSEMARY SUMMER SQUASH

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

INGREDIENTS

- Non-stick cooking spray or veggie broth or water
- 2 cloves garlic, minced or zested
- 4 C chopped summer squashes, like zucchini or yellow or patty pan squash
- 1 C red onion, chopped or sliced
- 1-2 tbsp. fresh rosemary, minced or 1-2 tsp. dried rosemary

DIRECTIONS

In large skillet, apply a thin film of non-stick cooking spray or 2-3 tablespoons of water or veggie broth. Warm to medium heat. Add garlic, squash, and onion. Cook for 3-5 minutes or until desired tenderness. Turn off burner and stir in rosemary. Let rest 2-5 minutes. Enjoy as is or with chicken or turkey breast or wild caught salmon!

This is one of the many complementary recipes shared in our healthy lifestyle program, Physicians' Choice for Weight Loss.



<https://requestphysicaltherapy.com/physical-therapy-treatments/adult-weight-loss/>

HOW TO MOBILIZE

your C-Section scar



STEP BY STEP

Once the current step can be done without pain, move on to the next.

Step 1. Light touch - make small circles around the scar.

Step 2. Deep circles around the scar.

Step 3. Criss-cross motion directly over the scar.

4. Stretching with a small pull around the scar.

If you do not mobilize the tissue around the scar, skin and fascia may remain tense and limit full activation of the repairing core musculature.



We're here to help!
Call 373-2116 to schedule with Kiri.

FUN & GAMES

		7		5	2			
	6			9		1		
9							7	
7	2				9	4		
	9	8				2	1	
		4	3				9	8
	5							1
		2		3			6	
			2	4		7		

<http://1sudoku.com>

n° 329149 - Level Hard

LEVEL UP YOUR HEALTH!

SCHEDULE AN APPOINTMENT

Are you in pain?

Have you sustained an injury?

Give your physical therapist a call today!

GAINESVILLE: (352) 747-9992

TIOGA CENTER: (352) 670-3461

ReQuest
PHYSICAL THERAPY

ReQuest
PHYSICAL THERAPY

**WE MAKE IT
EASY TO LEAVE
A REVIEW!**



INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame
(this will take you directly to our Patient Results page)
3. Tell us how we've done! Click on the "Review Us" button on the top of the page.



requestphysicaltherapy.com

WOMEN'S HEART HEALTH AWARENESS

According to the FDA heart disease is the leading cause of death for women in the United States.

The general exercise intensity for humans recommended by the American Heart Association to prevent CVD (Cardiovascular Disease) is moderate exercise for a minimum of 30 minutes, 5 times a week.



Listen to
your
heart

Cardiac screenings include blood tests for cholesterol, lipid, and triglyceride levels that help detect conditions that may lead to a heart attack or stroke.



THERAPIST SPOTLIGHT

KIRI KRISHINGER, PT, DPT, PCES

Kiri completed her doctorate in Physical Therapy in 2018 at Loma Linda University. In 2020, she earned a certification to become a Pregnancy and Postpartum Correction Exercise Specialist.

Kiri enjoys combining her skills in Pilates and peripartum physical therapy to encourage a strong and efficient recovery for women returning to activity. She emphasizes enhancing core strength, correcting diastasis recti, preventing prenatal/postpartum prolapse, and encouraging proper body mechanics for all that new mothers can encounter.

Exercise Essentials

Try these exercises to keep you moving...

FOOT SLIDE AROM

Sit in a chair with good posture. Slide one foot out in front. Slide it back again. Repeat 5 times on each foot.

Strengthens
feet

Exercises copyright of
 SimpleSet Pro
www.simpleset.net

THORACIC ROTATION WITH RIB GRABS

Lie on your side, with torso and legs straight. Bend your top knee up and rest it on a support as shown. Holding your knee in place, reach under your side with your top arm and grab your ribcage. Pull your ribs upwards as you rotate your shoulder blade toward the floor behind you. Follow through with your head by looking over your shoulder. Hold for 2 seconds and repeat exercise 5 times on each side.

Stretches upper back



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

FOLLOW
US!

STAY UP TO DATE WITH REQUEST PT HAPPENINGS!

Hit that follow, like, or subscribe button!

Keep up with our clinic happenings, workshops, important updates, and more by following us on social media! Scan the QR codes to find us inside!



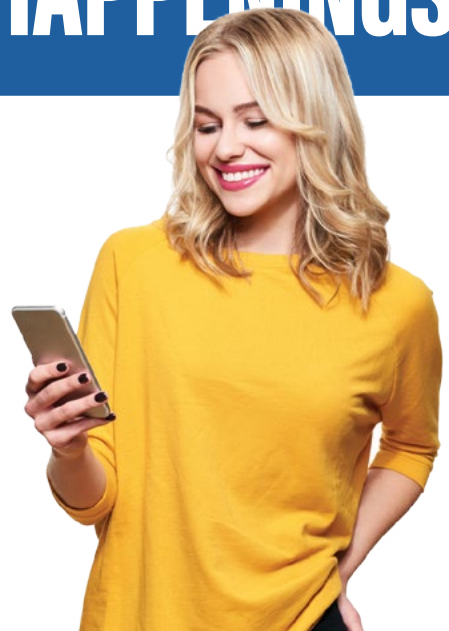
Facebook



Twitter



YouTube



GAINESVILLE: (352) 747-9992 | TIOGA: (352) 670-3461

REQUESTPHYSICALTHERAPY.COM