

NEWSLETTER

NECK & SHOULDER PAIN WITH BREASTFEEDING

BY KIRI KRISHINGNER, PT, DPT, PCES



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No one really talks about how much time a new mom will spend breastfeeding her baby before actually living that reality... so let's change that! The average newborn eats **8-12 times in a 24-hour period**. I remember some feedings that took almost an hour when my son was first born. Depending on how efficient your baby is at eating, this could translate to breastfeeding/attempting to breastfeed for a good 8 hours a day. If we calculate it this way, **breastfeeding is a 56-hour per week career, or in other words, a full-time job PLUS overtime.**

In a perfect world, new mom has a nursing pillow that fits her needs just right and an ergonomically correct chair that allows her to blissfully recline while baby eats. HA! Anyone that has ever breastfed knows how hilariously false that is the majority of the time.

Not only can breastfeeding be extremely stressful for some moms, but many moms (I was guilty of this at times) are thinking about literally everything else other than how their body is positioned. As long as the baby is eating happily, we forget to take care of ourselves. One of the most common (and most unaddressed complaint) that I get from new moms in the clinic is neck and shoulder pain with breastfeeding. When it comes to any repetitive activity, maintaining faulty posture or positioning

for days on end becomes hard on the body. Sitting with forward shoulders, our head hanging over a baby, and our back slumped for 56 hours a week? Same thing. To prevent neck and shoulder pain, here are three things to consider with your nursing posture:

1. The nursing pillow is everything. Get a nursing pillow that elevates your baby on your lap high enough to where you do not have to bring your body to the baby, but rather the baby comes to you. If you have to improvise, put extra pillows underneath your nursing pillow to accomplish this.
2. Avoid chairs that force you to sit in a "C" position - aka, your entire spine slumped forward. If you do not have many chair options, put a small pillow behind the small of your back in whatever chair you decide to use. This will automatically put you in an upright position, preventing that "flexed" position of your lumbar spine, and will set your shoulders up for a successful posture.
3. Your head position matters. As lovely as it is to look at your sweet babe while they eat, try to take time to rest your head against the back of the chair. Maintaining that neutral spine position, even while sitting, is crucial to prevent neck pain.

If you would like more information about strengthening your neck and shoulders after pregnancy, give us a call at (352) 747-9992 to schedule with Dr. Kiri.

NEWSLETTER

ARE YOU LIVING WITH ANY OF THESE WOMEN'S HEALTH ISSUES?



Many women experience common problems like pelvic pain, incontinence, and other similar conditions. Women's health issues can have a negative impact on one's mental, physical, and social health.

Is a health issue interfering with your lifestyle and happiness? At ReQuest Physical Therapy, we understand how frustrating this can be.

The good news is you're not alone, and physical therapy treatments can help you! To discover more information about your treatment options, contact our physical therapy clinic today! We can help you return to the life you love.

Do any of these conditions sound familiar?

If you're experiencing any of the issues listed below, don't hesitate to reach out to a licensed physical therapist. The team at ReQuest Physical Therapy has the tools to help you recover and prevent further issues from occurring.

Incontinence

Our physical therapists assess and treat patients who have urinary incontinence symptoms such as increased urinary frequency, leaking while coughing/sneezing, lifting, or exercising. These symptoms could be caused by weak or tight pelvic floor muscles, poor muscle coordination, low abdominal strength, or poor bladder habits.

SEEK REAL RELIEF!

FREE BACK PAIN SCREENING



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Take your health to another level! Schedule an appointment at a location nearest to you.
Offer expires 02/27/23

Muscle re-education, strengthening for weak pelvic floor muscles, soft tissue massage, bladder health education, biofeedback, and core stabilization may be used as treatments.

Pelvic Pain

It is critical to identify the source of pelvic pain. Our evaluations consider the many symptoms associated with the pelvic area, such as abdominal pain, groin pain, pain during intercourse, difficulty urinating/defecating, and bladder pain.

Pelvic pain can be caused by pelvic muscle tension, weakness, and poor muscle coordination, as well as scar tissue restriction from surgeries, a history of poor bladder/bowel habits, spine and pelvic joint dysfunction, and episiotomy or tears from deliveries.

Muscle re-education, strengthening and/or relaxation of pelvic floor muscles, postural education, soft tissue massage, lumbosacral alignment, and biofeedback may be used as treatments.

(continued inside)

PREGNANCY MUSCULOSKELETAL DYSFUNCTION

(continued from outside)

Pregnancy Musculoskeletal Dysfunction

Pregnancy puts a tremendous strain on a woman's body. Changes in posture, muscle strength, ligament stability, and pelvic alignment can all result in long-term, painful consequences such as pelvic or back pain. However, having a child does not require you to live with the painful changes indefinitely, and most women can significantly improve their pain and function with physical therapy.

Our physical therapists treat pregnancy and postpartum musculoskeletal issues such as incontinence, pelvic floor muscle dysfunction, and prenatal joint/muscle dysfunction. Musculoskeletal dysfunction can also be caused by weakness, poor muscle coordination, abdominal strength, or bladder habits.

Our therapists will recommend posture changes and review proper body mechanics, bowel, and bladder habits after evaluating the muscles, joints, or nerves that are causing pain. Soft tissue massage, mobilization, stretching, and core stabilization are some of your available treatment options.

How can pelvic floor therapy help?

Pelvic floor therapy focuses on strengthening the ligaments, tendons, and muscles of the pelvic floor. When muscles in the pelvic area become tight or weak, your daily life can be negatively impacted, because this region helps in supporting the core of your body and is a key part of everyday movement.

One of our licensed physical therapists will take a look at your medical history, and conduct a thorough examination to decide what type of treatment you'll need. This may include stretches, ultrasound therapy, manual therapy,

and at home exercises to reduce pain and strengthen or loosen your pelvic muscles, depending on your condition.

Did you know that pelvic floor rehabilitation is a common option with women who are preparing for childbirth? It ensures an easier delivery and oftentimes can prevent the need for a C-section. Some common techniques used during pelvic floor rehabilitation include:

- **Ultrasound therapy.** This kind of therapy focuses on using soothing heat for relief in the affected pelvic region. It's a safe and effective way to relax tight muscles and tissue.
- **Diaphragmatic breathing.** Your physical therapist can teach you how to practice deep breathing exercises. These will allow your diaphragm to expand and contract properly, which helps in relaxing muscles in the pelvic area. Relaxed muscles will drop and lengthen, providing simple pain relief. These breathing exercises can also be done at home.
- **Relaxation techniques.** Physical therapy also focuses on relaxing! Relaxing your muscles allows them to ease tension, which makes it easier to stretch and massage them later. It's not always easy to relax on command though, so your physical therapist may suggest specific relaxation techniques, such as guided imagery or biofeedback, to assist you with the process.
- **Postural exercises.** These specific types of exercises are aimed at refining and strengthening the pelvic floor muscles that affect posture. These exercises are typically done with large medicine balls.

Contact ReQuest Physical Therapy today!

If you are experiencing any of the issues listed above, please know that we are here to help you achieve results discreetly and return to the activities you enjoy! Call us today to find out how we can assist you. We are looking forward to supporting you throughout your recovery journey.

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

IN THE KITCHEN WITH GARRETH

ARUGULA WALNUT PESTO

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

INGREDIENTS

- 2 cup lightly packed fresh arugula
- 2 cup lightly packed fresh basil
- 1/3 cup avocado
- 1/4 cup raw walnuts

- 1 clove garlic
- 1 tsp. peppercorns, ground
- Juice 1 lemon or to taste
- 2 tbsp. water (if needed)

DIRECTIONS

Pulse all ingredients in food processor or high powered blender. Scrape sides as needed, until ingredients are paste like or desired consistency. If necessary, add water by teaspoon to reach desired consistency. Use less water to make pesto more like a spread or paste or use more water to make it more like a sauce. Serve immediately or refrigerate at least 30 minutes to allow flavors to blend. Enjoy as a warm sauce for spaghetti squash or cauliflower "rice" or as cool dressing for salad.

* Note: Freeze extra pesto in an ice cube tray. Transfer frozen cubes to re-sealable container and freeze up to 6 months. Defrost as needed.

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





WHY REQUEST?

"The staff at ReQuest are amazing and work miracles on injuries! They have taken care of me many, many times and I would recommend them to anyone!"

— L.S.



JERRY O. RIETA
PT, CSCS, CPT
Call today to schedule!
(352) 373-2116

ReQuest
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**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

WHO DO YOU KNOW THAT NEEDS
OUR HELP?

REFER A FRIEND!

Do You Have Friends or Family Unable to Do The Following?

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active and healthy lifestyle



Have them call our office today!



1. Schedule a free pain screening



2. Discover why your pain has come back



3. Get your custom recovery program

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COMPREHENSIVE WOMEN'S HEALTH PROGRAM

The Comprehensive Women's Health Program at ReQuest Physical Therapy is designed for women of all ages and all stages of fitness.

We can help with:

- Endometriosis
- Post-hysterectomy
- Incontinence
- Cancer - any stage of treatment or recovery
- Back and SI joint pain
- Hernias
- Pelvic pain and vulvadonia
- Breast Cancer Recovery
- Lymphedema
- Pregnancy related pain
- Post-partum recovery and wellness
- Pain with intercourse
- C-section recovery

We offer:

- Free childcare during your session
- Access to Gainesville Health and Fitness Center
- Massage and scar tissue therapy
- Aquatic therapy
- Lymphedema therapy
- Cupping
- Bra and garment fitting for breast cancer



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Child Athlete Myths



Fact or Myth: Weight training is dangerous for children.

MYTH! Studies have been conducted in the last 10 to 20 years indicating that lifting weights as a child is not only safe but is actually very good for growth and development. However, it is necessary for children to be under qualified adult supervision to ensure proper weight and technique is used.



Fact or Myth: Children should play sports year-round and do not need an off season.

MYTH! To preserve a child's long-term health and ability to continue playing sports, it is best to set aside at least one season for rest and recovery as rest is a huge factor in both skill acquisition and injury prevention.



Fact or Myth: Children should specialize in a singular sport if they want to become a professional athlete.

MYTH! In fact, research studies have found that over 80% of current Division 1 football scholarship recruits played at least 2 sports in high school. Additionally, high levels of specialization in sports are associated with a history of injuries, independent of age, sex, and sport volume.





FREE 30-MINUTE PRENATAL CONSULTATION

**We want to talk to you BEFORE you have the baby!
Call Gainesville: (352) 747-9992 to schedule your
free 30-minute prenatal consultation with Kiri or
Payton today!**

**Please mention this newsletter offer when you call
to schedule.**

Exercise Essentials

Try these exercises to keep you moving...

ABDOMINIS BRACING WITH PELVIC FLOOR CONTRACTION

Start by lying on your back with your knees bent. Contract your pelvic floor muscles. Gently draw your belly button in toward your spine to brace your inner abdominal muscles. Make sure to keep your back straight and do not hold your breath. Hold for 30 seconds and repeat another set.

Strengthens pelvis



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

STEP UP WITH PELVIC FLOOR CONTRACTION

Start by standing straight up with a step in front of you. Contract your pelvic floor muscles. Step up onto the step with one foot at a time. Step back off leading with the same foot you stepped on with first. Repeat 3 sets of 10 reps.

Strengthens pelvic floor

PT WIRED
www.ptwired.com



HAVE YOUR ACHES & PAINS RETURNED?

COME BACK TO PT!



Why You Need To Come Back In For A Tune- Up:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle

Are you in pain? Have you sustained an injury?
Give us a call today to schedule an appointment!

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