

Physiotherapy – mother and baby unit.

What can physiotherapy help with?	What could physiotherapy offer on the ward.	Research / evidence :
<ul style="list-style-type: none"> <li>• Optimise physical recovery post pregnancy and childbirth.</li> <li>• Improving well-being. (3,4,5,6,7)</li> <li>• Reducing Pregnancy related musculoskeletal pain. This can be hip, back and pelvic girdle pain. All of which has a negative impact on mental health. (11)</li> <li>• Weight management. (1,2,7)</li> <li>• Improving muscle strength and movement. (2,3,4)</li> <li>• Reducing Stress, anxiety and low mood through physical activity. (3,4,5,6,7,8)</li> <li>• Improving mother and baby bond. (12)</li> <li>• Improve strength of abdominal muscles.(14)</li> <li>• Improving pelvic floor and Continence issues. (13)</li> <li>• Improve body awareness, breathing control, relaxation/ breathing techniques (diaphragmatic and rib cage mobility training)/ mindfulness.(8)</li> <li>• Improving and facilitate healing of post-delivery wounds/ tears</li> <li>• Improving posture and Ergonomics</li> </ul>	<ul style="list-style-type: none"> <li>• Individual, patient centred assessments and goal setting.</li> <li>• 1:1 treatment session</li> <li>• Advice and education on pain management.</li> <li>• Education on pelvic floor.</li> <li>• Group exercise sessions that can involve both mum and baby/ mother on her own: yoga, strengthening circuits. Both antenatal and postnatal.</li> <li>• Abdominal muscle strengthening.</li> <li>• Post – delivery recovery.</li> <li>• Walking groups, pram fit.</li> <li>• Relaxation sessions</li> <li>• Pelvic floor assessments and rehabilitation.</li> <li>• Information and education classes.</li> <li>• Baby massage and play sessions.</li> <li>• Posture Training and Ergonomic advice</li> </ul>	<p>1. Loretta Dipietro et al ,Med Sci Sports Exerc . 2019 Jun;51(6):1292-1302. <b>Benefits of Physical Activity during Pregnancy and Postpartum: An Umbrella Review</b> .</p> <p>2 Tobias DK, Zhang C, van Dam RM, Bowers K, Hu FB. <b>Physical activity before and during pregnancy and risk of gestational diabetes mellitus: a meta-analysis.</b> <i>Diabetes Care.</i> 2011;34(1):223–229. doi: 10.2337/dc10-1368.</p> <p>3.Pritchett RV, Daley AJ and Jolly K. <b>Does aerobic exercise reduce postpartum depressive symptoms? A systematic review and meta-analysis.</b> <i>Br J Gen Pract</i> 2017; DOI: 10.3399/bjgp17X692525.</p> <p>4.Daley, A Jolly K Macarthur C <b>2009 The effectiveness of exercise in the management of post-natal depression systematic review and meta analysis.</b> <i>Family practice</i> 154-162.</p> <p>5. A J Daley , R V Blamey , K Jolly , A K Roalfe , K M Turner , S Coleman , M McGuinness , I Jones , D J Sharp , C MacArthur <b>A pragmatic randomized controlled trial to evaluate the effectiveness of a facilitated exercise intervention as a treatment for postnatal depression: the PAM-PeRS trial</b></p> <p>6. Liu X, Wang G, Cao Y <b>Physical exercise interventions for perinatal depression symptoms in women: A systematic review and meta-analysis.</b></p> <p>7 Xu H, Liu R, Wang X, Yang J <b>.Effectiveness of aerobic exercise in the prevention and treatment of postpartum depression: Meta-analysis and network meta-analysis.</b></p>

Physiotherapy – mother and baby unit.

<ul style="list-style-type: none"> <li>• Neuromuscular Re-education</li> <li>• Pelvic Organ Prolapse (POP) avoidance/Management</li> <li>• Pelvic Pain Rehabilitation</li> <li>• Postpartum Neuropathy Management</li> <li>• Constipation management</li> </ul>	<ul style="list-style-type: none"> <li>• Balance and Coordination Training/ Functional Movement Training</li> <li>• Lifestyle adjustment and pelvic floor exercises for management of POP</li> <li>• Strategies for chronic pelvic pain management i.e manual therapy and pelvic alignment techniques</li> <li>• Addressing numbness and or tingling in extremities i.e carpal tunnel syndrome, meralgia paresthetica e.t.c</li> </ul>	<p>8. Buttner M. M., Brock R. L., O’Hara M. W., Stuart S. (2015). <b>Efficacy of yoga for depressed postpartum women: A randomized controlled trial.</b> Complement Ther. Clin. Pract. 21 94–100. 10.1016/j.ctcp.2015.03</p> <p>9. Ruchat SM, Mottola MF, Skow RJ, Nagpal TS, Meah VL, James M, Riske L, Sobierajski F, Kathol AJ, Marchand AA, Nuspl M, Weeks A, Gray CE, Poitras VJ, Jaramillo Garcia A, Barrowman N, Slater LG, Adamo KB, Davies GA, Barakat R, Davenport MH  <b>Effectiveness of exercise interventions in the prevention of excessive gestational weight gain and postpartum weight retention: a systematic review and meta-analysis.</b></p> <p>10. Simony L Nascimento<sup>1</sup>, Fernanda G Surita, José G Cecatti <b>Physical exercise during pregnancy: a systematic review</b></p> <p>11. Iva Sklempe Kokic<sup>1</sup>, Marina Ivanisevic, Melita Uremovic, Tomislav Kokic, Rado Pisot, Bostjan Simunic <b>Effect of therapeutic exercises on pregnancy-related low back pain and pelvic girdle pain: Secondary analysis of a randomized controlled trial</b> J Rehabil Med 2017 Mar 6;49(3):251-257</p> <p>12. Larissa Feijó , Maria Hernandez-Reif , Tiffany Field , William Burns, Sarah Valley-Gray , Edward Simco <b>Mothers’ depressed mood and anxiety levels are reduced after massaging their preterm infants</b></p> <p>13. Dumoulin C, Cacciari LP, Hay-Smith EJC. <b>Pelvic floor muscle training versus no treatment, or inactive control treatments, for urinary incontinence in women.</b> <a href="#">Cochrane Database Syst Rev 2018;10:CD005654.</a></p> <p>14. Ali A. Thabet<sup>1</sup> and Mansour A. Alshehri<sup>2,3</sup> <b>Efficacy of deep core stability exercise program in postpartum women with diastasis recti abdominis: a randomised controlled trial</b></p>
---	--	---

Physiotherapy – mother and baby unit.

		<p>Gutke, A., Betten, C., &amp; Degerskär, K. (2016). The Association Between Long-term Pelvic Girdle Pain After Delivery and Mental Health. <i>Physiotherapy Theory and Practice</i>, 32(3), 155-165.</p> <p>Palacios, S., Henderson, V. W., Siseles, N., Tan, D., &amp; Villaseca, P. (2010). Age of menopause and impact of climacteric symptoms by geographical region. <i>Climacteric</i>, 13(5), 419-428.</p> <p>Glazer, H. I., Romanzi, L. J., &amp; Polaneczky, M. M. (1999). Pelvic floor muscle biofeedback in the treatment of urinary incontinence: a review. <i>Obstetrics &amp; Gynecology</i>, 94(4), 607-611.</p> <p>Brown, R. P., &amp; Gerbarg, P. L. (2005). Sudarshan Kriya yogic breathing in the treatment of stress, anxiety, and depression. <i>The Journal of Alternative and Complementary Medicine</i>, 11(4), 711–717.</p> <p>Doaee M, Moradi-Lakeh M, Nourmohammadi A, Razavi-Ratki SK, Nojomi M. Management of pelvic organ prolapse and quality of life: a systematic review and meta-analysis. <i>Int Urogynecol J</i>. 2014 Feb;25(2):153-63. doi: 10.1007/s00192-013-2141-8. Epub 2013 Jun 20. PMID: 23783578.</p> <p>Turawa, E. B., Musekiwa, A., &amp; Rohwer, A. C. (2020). Interventions for preventing postpartum constipation. <i>The Cochrane Database of Systematic Reviews</i>, 2020(8), CD011625. <a href="https://doi.org/10.1002/14651858.CD011625.pub3">https://doi.org/10.1002/14651858.CD011625.pub3</a></p>
--	--	---

Physiotherapy – mother and baby unit.

--	--	--