



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME
MAY 2021



Women's Health Issue

PHYSICAL THERAPY FOR THE **POST-PARTUM MOM**

INSIDE:

• How Physiotherapy Can Help You
Restore Your Pelvic Floor

• Staff Spotlight

• Help Us Help Our Community!





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PHYSICAL THERAPY FOR THE POST-PARTUM MOM

Having a baby is a LOT of hard work! It consists of physical, emotional, and social changes that can occur quickly in the life of a new parent! Before you give birth, your body undergoes a series of progressive and sometimes aggressive changes that can leave you in pain and not quite feeling like yourself.

Changes that occur for you physically include things like the following:

- the spreading of your rib cage so you can breathe and the little one has some space to grow
- a change in your center of gravity with adjustments in your spine due to baby's growing weight distribution
- a spreading and increased mobility in the pelvis to prepare for baby moving through the birth canal.

Many other changes can occur during pregnancy that directly changes the way you feel and specifically how you can move!

In 100% of all pregnancies, by the third trimester, the mother will have a separation of the rectus abdominis muscle called a diastasis. This means that the mother loses the ability to control her abdominal muscles

and has a resulting poor transfer of power and strength across her core muscles that she needs for getting up off the couch, lifting, carrying, and other important life activities. Those core muscles need to be restored not just to restore the natural shape of your stomach but are very important for functioning well and to help alleviate pain.

If you had a cesarean section, it is important to remember that this is major abdominal surgery. Learning how to address the changes that occurred following pregnancy and appropriate post-surgical care is important to help you regain your strength and reduce your risk for post-pregnancy complications.

HOW LEAPS AND BOUNDS CAN HELP

Physiotherapy, chiropractic, and massage therapy can address a wide variety of issues that arise from becoming a new mom! Not only do we cover the immediate needs of the mother following the birthing experience, but we also address all the changes that occurred in the process to get you back to your normal life.

Contact Us For Your Appointment Today! (905) 847-5227 • info@leapsandbounds.ca •   



HOW PHYSIOTHERAPY CAN HELP YOU RESTORE YOUR PELVIC FLOOR



DID YOU KNOW?

Problems of the spine can manifest themselves as any number of pelvic pain syndrome conditions - postpartum pelvic pain or pelvic pain following surgery, endometriosis, urinary symptoms (frequency, urgency, incontinence), and constipation. A good pelvic assessment will begin with establishing your pelvic baselines for pain and other signs and symptoms (back pain is a common one), then conducting a thorough screening of the spine, applying a spinal intervention, and rechecking your baselines for change. If that change is a positive one, then your spine becomes the focus of your treatment plan. If there is no change, then moving on to your pelvic region becomes the focus.

HOW WILL I BENEFIT?

The muscles, tendons, and ligaments that comprise the pelvic floor all serve an extremely important purpose, as they support our reproductive organs, provide stability to our back and pelvis, and provide appropriate function of our core muscles in breathing. When

our pelvic floor has been injured or compromised, restoring those muscles are critical for correct control and function. of your body. One of our highly trained physiotherapists can help in relieving your pelvic pain and increasing your overall functionality.

The treatments involved in your pelvic rehabilitation plan will be dependent upon the results of your initial assessment. Your injury or condition will be evaluated during a physical examination, and then a qualified physiotherapist will form a treatment plan that will address your specific needs. This will typically include several forms of exercise and manual therapy to reduce pain, lessen symptoms, and work toward a resolution.

If you are pregnant, have recently given birth, or are otherwise experiencing pelvic pain syndrome, Leaps And Bounds can provide you with the care that will help your body recover so that you can function at your best. Give us a call a (905) 847-5227 to schedule a consultation with your physical therapist today!

Are you a new mom? We can help make your post-partum recovery easier. To learn more about how you can feel better faster, contact our clinic at (905) 847-5227 today!

▶ **HELP US HELP
OUR COMMUNITY!**



This month we will be raising money for [Halton's Women's Place](#) and [The Women's Center of Halton](#). We will donate \$10 for every Google review we receive!

DO GOOD – LEAVE US A REVIEW TODAY!

**LET'S GET
SOCIAL!**

Follow us on Facebook, Instagram, and Twitter to get the most up-to-date information about what's going on at LABs Rehab!



Contact Us For Your Appointment Today! (905) 847-5227 • info@leapsandbounds.ca • [f](#) [@](#) [t](#)

LEAPS AND BOUNDS PRACTICE UPDATE

This month, Leaps & Bounds: Performance Rehabilitation is marking its five years of growth and success in the community. In showing our appreciation for all of our past and current clients entrusting us with their health care needs, we are hosting a community fundraiser in lieu of an open house. Money raised will be donated to Halton Women's Place and The Women's Centre of Halton. There will be lots of raffle prizes and free giveaways – donated by small business in our community – as we celebrate: **five years of relationship building, five years of continued growth, and five years of successful outcomes!**

Additionally, we will be also hosting the following:

A community raffle. Prizes have been donated from some wonderful local business. The raffle will run from May 17 to May 31!

A clothing drive. Just in time for spring cleaning, we are asking that any donations of gently used clothing be brought to the green Clothing for Charity bins - they are partners of Halton Women's Place.

A Pre-sale of new LABS Rehab T-shirts. For a limited time only, purchase your Leaps and Bounds: Performance Rehabilitation t-shirt! Once you get it, you'll have to show us how awesome you look by taking a picture, posting it on social media and tagging us!

Facebook: leapsboundsrehab

Instagram: labsrehab

Twitter: labsrehab



Halton Women's Place
Healthy Relationships • Healthy Communities



THE WOMEN'S CENTRE
OF HALTON

Halton Women's Place is an organization providing shelter and crisis services for physically, emotionally, financially and sexually abused women and their dependent children and is dedicated to ending violence against women and their children.

The Women's Centre is dedicated to supporting women in crisis, distress, or transition by providing programs and services to effect positive change. The Women's Centre is open to all women regardless of age, ethnicity, religion, sexual orientation, or abilities. The Women's Centre supports the needs of women through peer support, counselling, education, seminars, and workshops.



\$30 • Men's Sizes: S, M, L, XL, 2XL; Women's Sizes: XS, S, M, L

Please send an e-mail transfer to info@leapsboundsrehab.ca with the size that you want. The shirts will be ready for you at your appointment, or we can arrange pick-up or delivery within Halton/Peel.

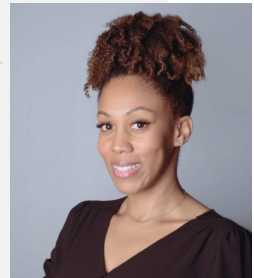
STAFF SPOTLIGHT



CAROLINA ROTONDO
PHYSIOTHERAPIST

HAPPY
Mother's
DAY

To our Leaps and
Bounds moms!



TONI HAYNES
CLIENT EXPERIENCE REP

