

# DISCOVER YOUR INNER BALANCE

## *With Rising Sun Physical Therapy*

**Are you a new mom grappling with postpartum discomfort, pelvic dysfunction, or uncertainties about caring for your body? Physical therapy at Rising Sun Physical Therapy could be the key to unlocking optimal well-being and empowering you with the knowledge and tools to flourish.**

Childbirth can leave a lasting impact on a woman's body. While some changes are inevitable, physical therapy can help you regain pelvic floor function, reduce distressing symptoms, and reconnect with your true self.

Our physical therapists possess advanced, specialized training in various musculoskeletal conditions that arise during the postpartum period and can lead to pain and dysfunction.

Our holistic approach emphasizes education, empowerment, and empathetic support to help you meet your goals and return to life as you knew it before having a baby.

**Call today to schedule an appointment with one of our specialists!**

### **Understanding Pregnancy and Pelvic Pain**

The pelvis is a crucial part of a woman's body, housing essential organs and supporting the spine and lower extremities. This intricate system comprises muscles, ligaments, and tissues that stabilize the area and facilitate bowel, bladder, and sexual function.

The dramatic transformation a woman's body undergoes during pregnancy can lead to pain, gait changes, and pelvic dysfunction. Our therapists will thoroughly assess and develop a care plan to improve your post-pregnancy function.

Pelvic floor physical therapy can help with the following:

- Pelvic and abdominal pain
- Incontinence
- Scar pain
- Pelvic floor "heaviness"
- Back and hip pain
- Organ prolapse
- Diastasis Recti Rehab

Our therapists excel in postpartum rehabilitation and pelvic floor dysfunction management. Your personalized care plan will comprehensively evaluate your musculoskeletal system and address your unique needs and concerns.

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**[www.risingsunphysicaltherapy.com](http://www.risingsunphysicaltherapy.com)**



# DISCOVER YOUR INNER BALANCE WITH POSTPARTUM PHYSICAL THERAPY



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## The Holistic Approach to Postpartum Physical Therapy

Our expert physical therapists at Rising Sun Physical Therapy are dedicated to helping you thrive during your prenatal and postpartum journey. We recognize that each individual is unique and conduct a comprehensive evaluation to develop a personalized treatment plan tailored to your specific needs.

With a focus on positive outcomes, our team is committed to improving your overall function and well-being throughout this incredible life-changing experience.

At the heart of our assessment process, our physical therapists meticulously review your medical history to gain a thorough understanding of your past and present health. This crucial step enables us to identify potential risks and tailor our approach to your goals.

Our specialists then assess your range of motion and strength, ensuring a solid foundation for your treatment plan. By identifying any muscle imbalances or weaknesses, we can develop targeted exercises and interventions to optimize your body's ability to adapt and recover during pregnancy and postpartum.

Specialized pelvic floor testing is another essential aspect of our comprehensive evaluation. Our physical therapists employ techniques to assess the integrity and function of your pelvic floor muscles. This vital information helps us design an individualized program that addresses any dysfunction and promotes optimal pelvic health.

Your customized treatment plan will include effective exercises and pain management techniques tailored to your needs. These may consist of the following:

**Soft tissue mobilization:** Hands-on therapy helps break up rigid muscle tissue, relax tension, and reduce pain.

**Pelvic floor exercises:** Targeted movements to address pain, weakness, and dysfunction in pelvic floor muscles.

**Core strengthening program:** Enhance core muscle support for pelvic organs and control leakage.

**Diastasis recti correction:** Strengthen stomach, lower back, hip, and diaphragm muscles to reduce rectus abdominis separation.

**Patient education:** Learn proper body mechanics, pelvic floor function, bowel and bladder habits, scar massage, and more.

Our team of seasoned physical therapists is committed to helping you recover from postpartum symptoms swiftly and comfortably. We empathize with the challenges of postpartum recovery and are here to support you in reclaiming your well-being.

## Embrace Postpartum Healing at Rising Sun Physical Therapy

If you relate to any of the information above, pelvic floor physical therapy is for you! We understand the challenges of being a new mom and want to make it easier for you by providing the education and support you need.

**Contact us at Rising Sun Physical Therapy to schedule an appointment today!**

[Request Appointment](#)

## HEALTHY RECIPE



### ROASTED BRUSSELS SPROUTS WITH GOAT CHEESE AND POMEGRANATE

#### INGREDIENTS

- 1 pound Brussels sprouts, trimmed and halved
- 1 large shallot, sliced
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2-3 teaspoons white balsamic vinegar
- ¼ cup crumbled goat cheese
- ¼ cup pomegranate seeds



**DIRECTIONS:** Preheat oven to 200 degrees Celsius. Toss Brussels sprouts with shallot, oil, salt and pepper in a medium bowl. Spread on a large rimmed baking sheet. Roast the Brussels sprouts until tender, 20 to 22 minutes. Return to the bowl and toss with vinegar to taste. Sprinkle with goat cheese and pomegranate seeds.

<https://www.eatingwell.com/recipe/277561/roasted-brussels-sprouts-with-goat-cheese-pomegranate/>

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# BIRTHING POSITIONS

## UNDERSTANDING YOUR OPTIONS



There's no one way to birth a baby. While most of us picture a mother giving birth while lying on her back, this may not be the most effective birthing position for you. At Rising Sun Physical Therapy, we can tell you more about your birthing position options: what they are and what might work best for your needs.

Here are some of your options:

**Hands and Knees:** This position puts you down on all fours (or in a position similar to child's pose in Yoga), which allows you more mobility during labor and helps ease the pressure. It also offers a bit of gravity assistance.

**Side-Lying:** This position involves lying on your side with a partner or nurse helping to hold up your top leg during pushing. Unlike the upright positions, you can easily move into this position if you've had an epidural.

**Squatting:** This position allows you to open up your pelvis as you give birth. It also recruits gravity to help with delivery, and many hospitals offer squat bars for support. Do check with us to ensure this position will work for you, though!

**Want more personalized guidance?**  
**Call us to schedule an appointment today!**

[Request Appointment](#)



## EXERCISE ESSENTIALS

### CLAMSHELLS

Lie on your side with your knees bent and feet together. The side you want to exercise should be on top. While keeping your feet together, lift your top knee away from your bottom knee. Hold as instructed. Slowly return to starting position. Repeat as directed by your provider.



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

## PATIENT SUCCESS STORY!

"**Bettina is a wonderful, skilled and compassionate therapist.** The work I've done with her helped me regain the balance in my whole body, eliminate the pain I was feeling and deepen my self-knowledge about the distribution of healthy tension in my muscles. **Thank you, Bettina, for the care you offer.**" —Aychele H.

**Want to Experience Your Own PT Success Story,  
Schedule Your Appointment Today!**

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**HAVE YOUR OWN PT  
SUCCESS STORY?**



**REVIEW US!**



**RISING SUN®**  
PHYSICAL THERAPY

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**Therapy Hours:**  
Mon: 8 am – 7 pm  
Tues: 8 am – 7 pm  
Wed: 8 am – 7 pm

**Thurs 8 am – 7 pm  
Fri: 8 am – 7 pm**