

## OUR VISION OF PHYSICAL THERAPY

Since 1998, Bauman Physical Therapy & Wellness has been dedicated to ensuring exceptional care in a dynamic environment. From the moment your evaluation begins, you'll feel confident you are under the care of knowledgeable, experienced, skilled manual therapists.

### One On One

Our one-client-to-one-therapist treatment ratio produces the most effective results. Our staff size allows us to devote 100% attention to your progress.

### You're In Charge

We recognize that, ultimately, each woman is in charge of improving her own physical health and wellness. Each member of our well-respected staff is eager to help you achieve your goals.



pregnancy

**Bauman**  
physical therapy & wellness

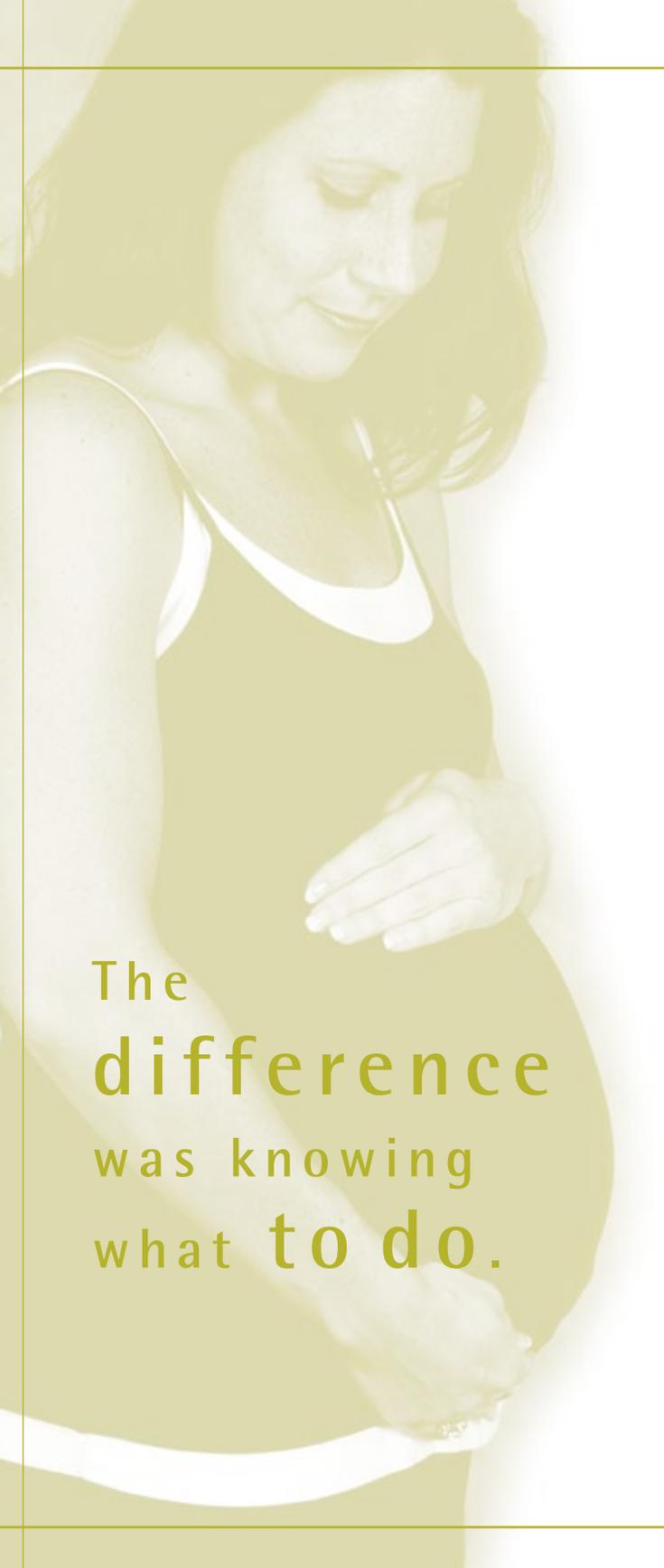
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The  
difference  
was knowing  
what to do.

**Nurturing new life** can be a beautiful, transformative experience. It can also cause discomfort – even pain – that interferes with your quality of life.

During pregnancy, aches and pains can occur in the lower back, middle back, shoulder blades, groin and pubic areas.

Nearly half of all pregnant women experience back pain. For some, the pain is mild and easily relieved.

But if the pain is sharp, throbbing or intense enough to cause difficulty sleeping, standing, sitting or performing everyday tasks, it is not within the "normal" range, and requires appropriate treatment.

Bauman specializes in

treating painful conditions that affect women at all stages of their lives. Pregnancy is no exception.

### **Strength for Two.**

Physical therapy for women can eliminate or greatly reduce the pain experienced during pregnancy.

Following a thorough examination, a Bauman physical therapist will design a program to treat your specific complaints.

Stronger and free from pain, you can enjoy your pregnancy and the many nuances that accompany your growing miracle.

### **CAUSES OF PAIN DURING PREGNANCY**

(may be a combination of factors)

- Posture: The weight of a growing fetus can cause incorrect posture, resulting in pain, susceptibility to injury or more serious problems in the spine, pelvis or rib cage.
- An increase in maternal hormones can increase elasticity or "softening" in ligaments, tendons and cartilage. This may cause joints and muscles in the lower back, hips and pelvis to become uneven, overworked and painful.

### **THERAPEUTIC OPTIONS**

- Exercise to stretch and strengthen affected muscle groups, and/or to improve posture.
- Therapeutic massage or soft-tissue techniques to increase circulation, relieve pain or improve tissue mobility.
- Joint mobilization to allow improved movement at the joints and relieve pain.
- Fitting of therapeutic belts and supports.
- Instruction in appropriate body mechanics; tips for performing daily activities.