

# Physiotherapy and Women's Health

## Vocabulary:

### WORDSEARCH PUZZLES

## MEDICAL



artery; blood; brain; clot; doctor; drug; flu; heart; hormone; inject; intestine;  
kidney; liver; lung; muscle; ovary; ovum; pain; pregnant; prostate; pulse;  
spleen; stethoscope, stomach; surgery; tonsil; uterus; vein; x-ray;

(from ESL English)

### Scan the text and find the following:

- a large group of muscles that assists in the regular breathing movement
- process of giving birth
- period after childbirth
- a surgical procedure performed to help the woman deliver the baby
- women who have had more than one child

**Find synonyms in the text:**

- restore \_\_\_\_\_
- evaluation \_\_\_\_\_

**Find antonyms in the text:**

- maximize \_\_\_\_\_
- slow down \_\_\_\_\_

**Physiotherapy, pregnancy, childbirth and postpartum**

Pregnancy is a time when many changes occur in our body, both physical and emotional. To the extent we have more information and the more the woman works on both aspects, we will be more prepared for childbirth.

But how can a therapist specializing in pelvic floor help prepare for childbirth? The role of the physiotherapist is to recover and train the musculoskeletal system. In the case of pregnancy, the therapist must be objective: to work the abdominal muscles in order to minimize strain, work the pelvic floor muscles, and ultimately, physical training for childbirth.

Another of our objectives is training in the “push, physiological”, effective for the removal of the baby, and respectful to the pelvis and abdomen of the mother. All this training will give us an important physical and emotional support to cope with childbirth in a better position. However, it is possible that labor is not as we had expected. In these cases, having carried out the preparation we can help minimize the consequences of a more traumatic birth and accelerate recovery.

For this reason, in addition, it is recommended that after childbirth the mother has postpartum assessment. This is especially necessary in multiparous women (women with more than one birth). With physical therapy recovering postpartum muscle function of the abdominal wall without damaging the pelvic floor function returns the pelvic floor muscles and if there are scars, such caesarean section, treated, and accelerating the normal healing process. In short, a good preparation

and a good knowledge of our body are a great help to benefit fully from the road that leads to motherhood.

<http://www.vitaminshealth.net/pregnancy/physiotherapy-pregnancy-childbirth-and-postpartum.html>

**After reading:**

How can a physiotherapist help a woman prepare for childbirth?

Which muscles should be trained?

What should be done after childbirth?

What problems should be solved in the post-partum period?

**Recommended postnatal exercise includes:**

Keep in mind that your ligaments and joints will be loose for at least three months following the birth, so avoid any high impact exercises or sports that require rapid direction changes. Vigorous stretching should be avoided too.

- \* Brisk walking
- \* Swimming
- \* Aqua- aerobics
- \* Yoga
- \* Pilates
- \* Low impact aerobic workouts
- \* Light weight training
- \* Cycling.

Would you add something?