

2nd Trimester



Congrats!
You have successfully crossed
The first trimester of Pregnancy!

They say that the second trimester is when you get most of your energy and it's the easiest part of the pregnancy.

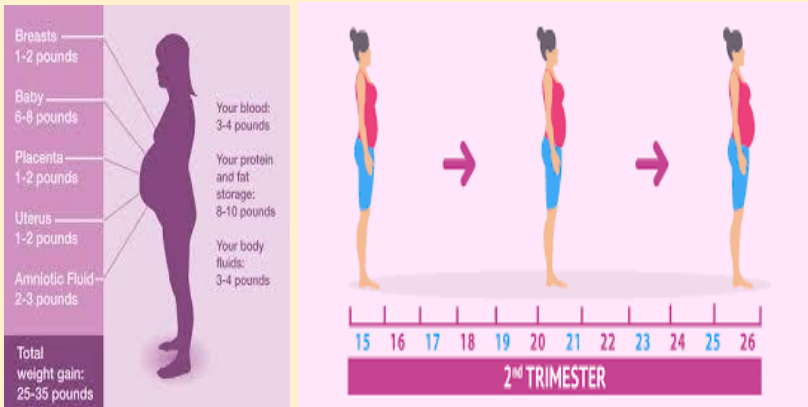
This is ABSOLUTELY TRUE!

BUT...

...as your physical body changes and accommodates to the needs of your growing baby, you may experience discomfort, aches and pains.

Your body will undergo significant physical changes during this phase which will have an impact on the musculoskeletal system.

For example, you might experience postural changes and weight gain



Postural changes include an increase in the lordosis or curvature of your lumbar spine and a forward shift of your head and neck. This shift of posture combined with the weight of your belly can lead to overuse of the muscles that extend your spine and hips and can strain the muscles that flex your ankles.

Weight gain puts increased stress on the spine and lower extremities and causes fluid retention that can compromise the space where nerves typically move freely.

How Physical Therapy Can Help?

We at PhysioFit Physical Therapy do thoroughly evaluate you on your first visit and also do a complete postural assessment.

We provide education, exercise instruction and hands on manual therapy to address each of your concerns. Education focuses on proper posture and positioning to ease the stress or strain on ligaments and joints.

We address each of your evaluation findings by proper exercise instruction which would involve breathing exercises, diastasis recti prevention exercises and also provide hands on treatment to address joint and muscular dysfunction.