

## Obstetric conditions

### Antenatal

- Low backache (PE, PN, AD)
- Respiratory difficulty (RT, DBE)
- Pedal edema (APE, PN)
- Carpal Tunnel syndrome (EMS, TENS, AAE)
- Poor abdominal and pelvic muscle tone (GSE, CSE, PFE)

### Intrapartum

- Labour pain (TENS, MT, RT, TTx)
- Labour stress (RT, DBE)
- Childbirth related fatigue (PN, RT)

### Postnatal

- Perineal pain (UST)
- Obstetric foot drop (EMS, AAE)
- Urinary incontinence (PFE)
- Symphysis pubic pain (TENS)
- Diastasis recti (GSE)
- Post caesarean (DBE, PFE, UST)
- Episiotomy and perineal tears (UST, PFE)

## PHYSIOTHERAPY IN OBSTETRICS AND GYNECOLOGY

## Gynecological conditions

### Non-surgical

- Chronic pelvic inflammatory disease (TENS)
- Pelvic organ prolapse e.g., uterine prolapse, cystocele, rectocele, vault prolapse (PFE, EMS)
- Urinary incontinence (EMS, PFE, EM)
- Dysmenorrhea (TENS)
- Cervical incompetence (PFE)
- Female sexual disorders e.g., vulvar pain, dyspareunia and vaginismus (PFE, EMS)
- Menopause symptoms e.g., joint pains and aches (GST, RT), insomnia and hot flashes (AE, MT)

### Surgical

- Hysterectomy (PFE, DBE, EM)
- Post-operative pain (TENS, PN)
- Other gynecologic surgeries (EM, TT, DBE)
- Laparoscopic surgery (EM, TT, DBE)

## Common physiotherapy modalities in obstetrics and gynaecology

Pelvic Floor Exercises (PFE) e.g., Kegel	Ultrasound therapy (UST)
Deep Breathing Exercises (DBE)	Massage therapy (MT)
Graded strengthening exercises (GSE)	Positioning (PN)
Core stability exercises (CSE)	Assistive devices (AD) e.g., pelvic support belt, wrist support
Postural Education (PE)	Relaxation technique (RT)
Transcutaneous electrical nerve stimulations (TENS)	Perineal massage (PM)
Active assistive exercise (AAE)	Thermotherapy (TTx)
Ankle pump exercises (APE)	Early mobilization (EM)
Aerobic exercise (AE)	Transfer training (TT)

# Risks In The Practice Of Modern Obstetrics

**JA Banks**



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## **Table of Contents Risks In The Practice Of Modern Obstetrics**

1. Understanding the eBook Risks In The Practice Of Modern Obstetrics
  - The Rise of Digital Reading Risks In The Practice Of Modern Obstetrics
  - Advantages of eBooks Over Traditional Books
2. Identifying Risks In The Practice Of Modern Obstetrics
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Risks In The Practice Of Modern Obstetrics
  - User-Friendly Interface
4. Exploring eBook Recommendations from Risks In The Practice Of Modern Obstetrics
  - Personalized Recommendations
  - Risks In The Practice Of Modern Obstetrics User Reviews and Ratings

- Risks In The Practice Of Modern Obstetrics and Bestseller Lists
- 5. Accessing Risks In The Practice Of Modern Obstetrics Free and Paid eBooks
  - Risks In The Practice Of Modern Obstetrics Public Domain eBooks
  - Risks In The Practice Of Modern Obstetrics eBook Subscription Services
  - Risks In The Practice Of Modern Obstetrics Budget-Friendly Options
- 6. Navigating Risks In The Practice Of Modern Obstetrics eBook Formats
  - ePub, PDF, MOBI, and More
  - Risks In The Practice Of Modern Obstetrics Compatibility with Devices
  - Risks In The Practice Of Modern Obstetrics Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Risks In The Practice Of Modern Obstetrics
  - Highlighting and Note-Taking Risks In The Practice Of Modern Obstetrics
  - Interactive Elements Risks In The Practice Of Modern Obstetrics
- 8. Staying Engaged with Risks In The Practice Of Modern Obstetrics
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Risks In The Practice Of Modern Obstetrics
- 9. Balancing eBooks and Physical Books Risks In The Practice Of Modern Obstetrics
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Risks In The Practice Of Modern Obstetrics
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Risks In The Practice Of Modern Obstetrics
  - Setting Reading Goals Risks In The Practice Of Modern Obstetrics
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Risks In The Practice Of Modern Obstetrics
  - Fact-Checking eBook Content of Risks In The Practice Of Modern Obstetrics
  - Distinguishing Credible Sources

13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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