

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

Elizabeth S. Gilbert



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