

Sports Therapy

- Acute and Chronic Injury Rehabilitation
- Overuse Injury Treatment
- Retraining for Return to Sport
- Taping and Bracing
- Pre-season Screening

Spinal Therapy

- Joint Mobilization and Manipulation
- Exercise Prescription
- Postural Assessment
- Back and Neck Care

GUNN IMS - Intra-Muscular Stimulation

Pilates Based Core Stability Training

ICBC Treatment of Injury Post MVA

Active Rehabilitation Programs

WCB Treatment for Work Related Injury

Worksite Evaluation, Ergonomic Assessment & Wellness Program Development

Functional Capacity Assessment and Medical Legal Reporting

Women's Health

- Post Mastectomy
- Urinary Incontinence Training
- Pre and Post Natal Care
- Osteoporosis

Injury Prevention Education

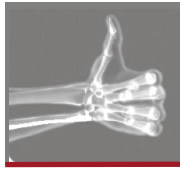
Seniors Programs

- Fall Prevention
- Fitness
- Post Surgical

Respiratory Care

Arthritis Treatment and Management

Neurology



Burrard Physiotherapy Associates

You're In The Right Hands

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POST NATAL ADVICE



Post Natal Advice

The body undergoes a number of physical changes while you are pregnant and it requires some effort after your baby is born to return your body to its pre-pregnancy condition. This is more than just regaining control of your abdominal muscles and pelvic floor muscles. Your spine is put under a lot of strain while caring for your newborn, e.g. nursing, changing diapers, so it is important to learn how to minimize the strain put through the body and prevent injury.

AREAS OF THE BODY AT RISK OF STRAIN OR MUSCLE WEAKNESS.

- Neck and upper back strain from poor sitting posture while feeding baby.
- Wrist/forearm muscle strain from carrying and lifting incorrectly.
- Lower back strain from poor lifting and carrying techniques and adopting rounded postures with daily activities, e.g. diaper changes and bathing.
- Reduced abdominal muscle control due to stretching of the muscles with pregnancy. This can contribute to low back pain and results in poor spinal posture
- Reduced pelvic floor muscle control can result in leakage of urine when coughing or running. As you get older, pelvic floor weakness can lead to uterine prolapse or bladder incontinence.

IMPROVING YOUR SITTING POSTURE

- A firm based chair with a solid back will give your spine more support than a soft, low sofa.
- Your feet should touch the floor with your knees bent at right angles.



- Sit squarely on your buttocks, there shouldn't be a lot of pressure on your tailbone.
- Maintain the natural curve in your lower back by placing a rolled towel behind your waist or using a manufactured lumbar support.
- When feeding your baby, avoid rounding your upper back by resting your baby on a pillow to adopt an upright posture.

LIFTING MADE EASIER

- Stand close to the object (e.g. baby in a car seat or stroller) you plan to lift,
- Bend your knees to get close to the child (squat posture). You will be more stable when performing the lift if one foot is kept flat on the ground.
- Hold the child close to your body and tighten your abdominal muscles to support the spine as you initiate the lift.
- Avoid twisting your back by remembering to move your feet, even if you are moving only a short distance.



CARRYING CORRECTLY

- Maintain an upright posture by tightening the abdominal muscles and standing tall.
- Avoid hunching your shoulders up to your ears by trying to drop your shoulder blades towards the waist and opening out the front of your chest.
- Carrying your baby on one hip puts uneven strain through the back and hip, so whenever possible, carry your baby in front. Try using a baby carrier.

CHANGING DIAPERS

- To achieve an upright posture and minimize strain through your spine, the change table should be at hip level.
- Organize the wipes and diapers so that they are easily accessible without excessive twisting or reaching.



PUSHING WITH EASE

- When pushing a stroller, rest your hands on the bar with your elbows bent.
- Do not hunch up the shoulders. Ease the shoulder blades towards the waist and stand tall.
- Before you push the stroller, tighten the abdominal muscles and then initiate the push forward using your legs.
- By using your legs rather than the back to push, you reduce the strain through the spine. If you walk briskly, the legs have a good workout at the same time.

ENJOYING A GOOD NIGHT'S SLEEP!

- When nursing your baby in bed, bring them close to you by resting them on pillows. If you are sitting in bed, use a support behind your back to achieve an upright posture.
- If you have back pain, a pillow between your knees when you lie on your side, reduces the twist through the lower back. If you sleep on your back, place a pillow under your knees. Avoid sleeping on your stomach since this puts a lot of strain on the neck and over-arches your back.

For further information about taking care of your back, speak to your physiotherapist.

Lynda Lawrence at Burrard Physiotherapy Associates has a special interest and additional training in Women's Health.