

The body's response to pregnancy is stunning.

These musculoskeletal changes can be challenging and painful. Physical therapy can help optimize your physical capabilities, reduce your pain and even address a symptom before it becomes chronic. You'll notice a difference in just a few sessions because our therapists understand your unique needs during and after pregnancy. Our treatments support your desire to be proactive in managing your pregnancy all the way through the postpartum phase.

Our practice begins with you.

To better understand your symptoms, we begin with a physical examination followed by a treatment plan. You'll come away with a better understanding of the cause of your pain and how it relates to your pregnancy and delivery. A home exercise program will often return you to full function. Together we can address your needs as your body adapts to the physical changes that occur during and after pregnancy.



Where health and healing come together for you.

We hope you begin to notice an improvement in your condition after your first visit.

A calm, comfortable atmosphere is the most conducive to effective treatment. You'll find it here.

Your activities and your passion are at the core of our focus on treatment.

Our therapists have expertise and experience in a wide range of activities, so we understand where you're coming from and where you want to go.

Long-term success begins with a focus on a home program. We understand what you need to progress rapidly.



West Portland
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Prenatal & Postpartum Care

West Portland Physical Therapy Clinic LLC



Physical therapy can help you respond to the changes in your body.



Back Pain

Low back pain is common during pregnancy, especially during the second and third trimesters. Structural changes in your pelvis and spine from increased hormones can also predispose the postpartum woman to low back pain for months or years after delivery. With a good exercise program, you can learn to stabilize your pelvis and low back joints through proper recruitment of your muscles. This can eliminate or minimize pain as you adjust to life after pregnancy.

Postural Changes

During pregnancy you will experience many musculoskeletal changes. The uterus goes from being a pelvic organ to an abdominal organ. This change of position places increased stress on your lumbar spine and sacrum, altering your center of gravity. Increased abdominal weight from your growing baby can also add strain to your neck, back, hips, legs, and feet.

Physical therapy can help reduce pain and discomfort associated with your body's transformations during and after pregnancy.

Pelvic Floor Muscle Dysfunction

The pelvic floor muscles line the inside of the pelvis. Weight gain, hormonal changes, and vaginal delivery can cause your muscles to stretch up to 33% of their normal length. Common symptoms may include: urinary incontinence, pelvic pain, and pelvic organ prolapse.

Diastasis Recti

Pregnancy can cause a separation of the abdominal muscles due to muscle lengthening. This is often felt as an indentation between the central abdominal muscles.

Instability of the Sacroiliac Joint and Pelvis

A natural increase in hormones like relaxin, estrogen, and progesterone cause a softening of connective tissues and can create instability at one or more joints. The bones in your pelvis separate during pregnancy causing potential stress to the pelvic bones. If these tissues relax too much, it can cause a shift in joint alignment and contribute to pain in the pelvic bones, hips, and sacrum.

Carpal Tunnel Syndrome

Numbness and tingling in your hands during pregnancy is usually due to fluid retention and postural changes. If this is an issue for you, our therapists will work to address these symptoms and provide relief.

How We Treat

We believe that successful treatment is the result of consistency in care. Our model is designed to foster this concept and is, frankly, unique in Portland. Typically, you will work with the same physical therapist throughout your rehabilitation. This partnership will help you achieve your goals, ensuring your progress is closely monitored and quickly address any issues or concerns to keep your recovery on track.