

Caring for you during & after pregnancy.

A woman's body changes during pregnancy. We're here to help. Appropriate information and the right kind of exercise can prepare you for these changes, help you minimize discomfort and get you back to optimal physical health more quickly after your baby is born.

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Yavapai County's leading healthcare blog for health and wellness news from Dignity Health, Yavapai Regional Medical Center.

Physical Rehabilitation at
Outpatient Service Building West

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(928) 771-5131
DignityHealth.org/YRMC



 **Dignity Health.**
Yavapai Regional Medical Center

Pregnancy Services

Health services for new and expectant mothers.

 **Dignity Health.**
Yavapai Regional Medical Center





Pregnancy Services are available at the Outpatient Services Building West on the campus of Dignity Health, Yavapai Regional Medical Center West in Prescott.

Pregnancy & Postpartum Rehabilitation

Our Pregnancy and Postpartum Rehabilitation Program provides women with individualized care to achieve optimal results. We customize our program to each woman's needs to help make pregnancy and post-partum a more comfortable and joyous time.

During your pregnancy, our focus is to:

- Promote improved posture and body mechanics
- Promote proper exercise techniques
- Improve awareness and control of the pelvic floor
- Maintain abdominal muscle function
- Minimize back and pelvic pain
- Improve gait and balance
- Provide appropriate education

Postpartum Physical Rehabilitation

Our Postpartum Physical Rehabilitation Program can help to speed your recovery from childbirth. Topics that we address include:

- Baby care
- Body mechanics
- Labor and delivery recovery
- Exercise progression
- Return to work preparation

Urinary Continence Program

One in four women over the age of 18 experiences episodes of urinary leakage. This may range from a few drops when you sneeze to a sudden need to empty your bladder. This can be especially true for pregnant women or in the months following a pregnancy.

While this condition may be embarrassing, it is also very treatable. The Urinary Continence Program at YRMC can help. Working with one of our helpful YRMC female therapists, women with urinary incontinence learn:

- Biofeedback techniques to coordinate and strengthen the muscles that support the bladder.
- Therapeutic exercises to strengthen the pelvic floor muscles.
- How to "re-train" the bladder to decrease episodes and to increase holding capacity.

Incontinence is a symptom that is often related to an underlying medical condition. If you experience frequent urinary leakage, speak to your physician about your condition.

Family is Important Too



The significant people in your life have a role to play as well. Our highly qualified team will work closely with mother, family and friends to maximize the benefit to each woman we serve. Partners and babies are welcome and encouraged to attend.

