

## Caring for You During and 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.



### YAVAPAI REGIONAL MEDICAL CENTER

*Proudly Caring for Western Yavapai County*

#### **YRMC PHYSICAL REHABILITATION SERVICES AT THE YRMC WELLNESS CENTER**

1112 Iron Springs Road  
Prescott, Arizona 86301  
(928) 771-5131

#### **YRMC WEST**

1003 Willow Creek Road  
Prescott, Arizona 86301

#### **YRMC EAST**

7700 E. Florentine Road  
Prescott Valley, Arizona 86314

#### **MAIN SWITCHBOARD**

(928)445-2700  
[www.yrmc.org](http://www.yrmc.org)

## PREGNANCY SERVICES



## Health Services for New and Expectant Mothers

Helping you stay fit and healthy  
during and after pregnancy



YAVAPAI REGIONAL  
MEDICAL CENTER



## Pregnancy and Postpartum Rehabilitation

### Available at YRMC West in Prescott

At Yavapai Regional Medical Center (YRMC), 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 postpartum 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 Available at YRMC West in Prescott

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 Available at YRMC West in Prescott

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.

