

Role of Physiotherapy in Obstetric Care

As a part of primary health care practitioners, physiotherapist's rehabilitation team are committed to enhance and maintain functional independence as well as physical performance. Physical therapy plays an important role in management of pain and prevention of physical impairment, disabilities, limitation to participation in activities in daily living. Physiotherapists are trained enough to assess and predict the effects of injury, disease on function and movement also have the skills to make a comprehensive treatment plan of care to restore or enhance function. Physical therapy also plays important role in management of wide range of women's health related issues, including osteoporosis, obstetric and urinary incontinence. Physiotherapists have also skills to treat women conditions related to musculoskeletal and neurology. Role of physiotherapy is considered as vital in obstetrics care, antepartum as well as in postpartum ladies. Postural and mobilization Techniques and awareness related to training of posture and alteration in activities leads to correction of faulty posture that also decreases pressure on joints among women during pregnancy. Physical therapy practitioners provides training in co activation of abdominal muscles and pelvis that reinforces stability and considered as preventive measure in back ache. Previous trials confirmed positive outcomes with the non-pregnant population concerned with chronic back pain. Further, Trials that are directly applicable to pregnant and postpartum women are much needed. Postpartum related physiotherapy assessment can detect structural as well as weakness of posture arising from pregnancy. Effective interventions related to strengthening of muscles and activation and use of essential structures of support could help in correcting pregnancy-adapted posture.

Postpartum related muscle ache, fecal and urinary incontinence, dyspareunia as well as dysfunctions related to sacroiliac joint are all conditions that could be evaluated and managed with intervention of physiotherapy. Training of Ergonomic and awareness are key component to current physiotherapy management of women after pregnancy. An increasing number of physiotherapists have innovative skills in this important area of treatment.

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