

PHYSICAL THERAPY

*during  
pregnancy*



# Spine Specialists

OF MICHIGAN

Physical therapy can relieve many of the discomforts brought on by the stress of pregnancy, and enhance your body's ability to have a more tranquil pregnancy and birth.



# Expert relief of back pain during pregnancy

Many pregnant women experience back pain that can be managed effectively by physical therapy. The reasons for back pain vary, but the majority are due to the following: an increase in hormones, a change of the body's center of gravity, weight gain, change in posture, or the added stress of pregnancy.

At Spine Specialists of Michigan, your physical therapy will be managed by a certified professional therapist with vast experience in helping pregnant women. Our services include:

- Superficial massage
- Postural reeducation
- Relaxation techniques
- Lower back muscle stretching
- Self stretching technique
- Bilateral upper and lower extremity strengthening
- Lower abdominal muscle strengthening
- Sciatic nerve stretching
- Sacroiliac joint mobilization to relieve pressure on the sciatic nerve
- Aerobic exercises

Contact us today at

**248-792-9496**

**[www.spinemi.com](http://www.spinemi.com)**



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