

Pelvic floor physical therapy:

Pelvic floor physical therapy can help moms manage symptoms during pregnancy as well as post-partum.

During pregnancy, hormones loosen the ligaments and muscles in the pelvis to enable the baby to pass through the birth canal. The expanding uterus and stomach put more pressure on the pelvic floor. This can all increase the chances for pelvic floor and back problems. Pelvic Floor Physical Therapy can improve quality of life by easing painful symptoms, strengthening core, improving flexibility, and normalizing bowel and bladder functions.

Therapy helps treat:

- Sacroiliac joint instability
- Pelvic pain
- Back and hip pain
- Urinary incontinence and increase urinary frequency
- Fecal incontinence
- Pelvic prolapse
- Pain during sexual intercourse
- Diastasis Rectus Abdominis
- C-section scars

Pelvic Floor Physical Therapists
Whitney Ford, PT, DPT
Janna Manning, PT
Amanda Nelson, PT, DPT

For more information

Outpatient Rehabilitation
785-623-5691

"Exercise and good nutrition are so important for a healthy pregnancy and postpartum recovery. We know that moms who exercise will have lower rates of preeclampsia, gestational diabetes, and cesarean delivery, but also experience less constipation and musculoskeletal pain. A well-balanced diet is key for your baby's development in utero and for a successful breastfeeding experience. As an added bonus, by taking care of your body with good nutrition and exercise, your mood is also improved!"

Jenna Sloan, MD
Center for Women's Health

Heather Ver Woert – Prenatal/Perinatal/ Postnatal Instructor

Credentials:

- B.S. Kinesiology
- ACE Certified Personal Trainer
- ACE Behavior Change Specialist
- ACE Fitness Nutrition Specialist
- ACE Weight Management Specialist
- AFAA Perinatal Fitness Certified

Kirsten Angell - Wellness Dietitian

Credentials:

- B.S. in Dietetics – Kansas State University
- Registered Dietitian (RD) – The Academy of Nutrition and Dietetics
- Licensed Dietitian (LD) – State of Kansas
- Certified Diabetes Care and Education Specialist (CDCES) – Certification Board for Diabetes Care and Education (CBDCE)
- Certified Insulin Pump Trainer
- Group Fitness Instructor (GFI) – American Council on Exercise (ACE)

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Moving Moms

(Pre/Peri/Post Natal Fitness)

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Benefits of exercise during pregnancy:

- Lower risk of gestational diabetes and hypertension
- Lower risk of preterm labor and birth
- Higher likelihood of shorter labor process
- Increases fitness level for labor
- More likely to avoid C-Section or other pregnancy intervention
- Quicker recovery from childbirth
- Reduces backaches, constipation, bloating, and swelling
- Boosts mood and energy levels
- Prevents excess weight gain and quicker return to pre-pregnancy weight
- Improves sleep
- Promotes muscle tone, strength, endurance, and flexibility
- Immunity system boost
- Good for stress relief/mental health



Screening and consultation:

A one-on-one consult for women who are feeling unsure about whether the workouts they are doing are safe during pregnancy or postpartum. It can be overwhelming to navigate all of the prenatal and postpartum fitness advice on the internet and confusing to figure out the type of exercise program that will be most beneficial. The screening and consultation can help assess one's needs and goals to determine fitness priorities.

Wellness coaching:

A wellness coach is a supportive guide who helps clients set health goals, improve energy, better manage stress, during all stages of pregnancy. In addition to being a mentor who holds clients accountable, a wellness coach will be there every step of the way helping face the daily challenges endured on the body. Wellness coaches are vital members of the greater healthcare team, bridging the gap between traditional healthcare and enacting sustainable and positive behavioral lifestyle changes.

Personal training:

A personal trainer can customize workouts for any fitness level. The Center's team of trainers have obtained an accredited personal training certification and are ready to design and implement individualized exercise programs providing guidance, motivation, support, and accountability to achieve the results.

Class information:

Pre/Peri/Post Natal Fitness is a supervised exercise program designed to prepare women for the physiological changes that occur during pregnancy and post-partum, develop stamina and strength for labor and delivery, and restore muscle tone after the baby is born.



Pre/Peri/Post Natal Fitness classes will teach participants how to exercise safely, alleviate the discomforts that often come with pregnancy, and offer nutrition tips for each trimester.

All programs will follow the guidelines set by the American College of Obstetrics and Gynecology. Classes will include a variety of exercises such as low impact aerobics, moderate strength training, water aerobics, core strengthening, stretching, and relaxation techniques.

Nutrition coaching:

- A thorough assessment of current nutrition-related habits and status for those pre/peri/post pregnancy.
- A review of current eating patterns.
- A determination of personal goals and needs.
- An individualized nutrition plan to assist in meeting personalized nutrition needs during and after pregnancy.

Contact the Center for Health Improvement for information on programs for Pre/Peri/Post Natal Fitness by calling 785-623-5900.