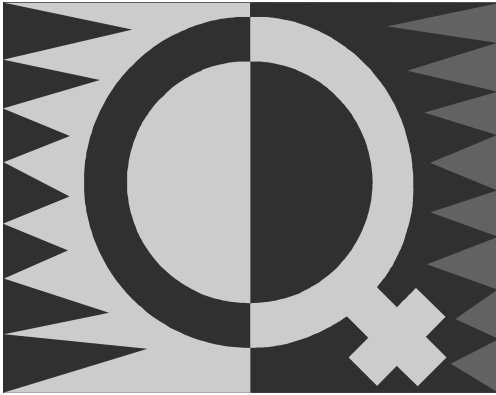


## PREGNANCY AND PAIN



Pregnancy and Back Pain seem to go hand and hand, however, during this time you do not need to suffer.

**Talk to your physician about a referral to a Physical Therapist who works in Women's Health.**

**Erika J. Comber, PT** has been practicing for the past 18 years. Her specialty is in Back Pain and Women's Health.

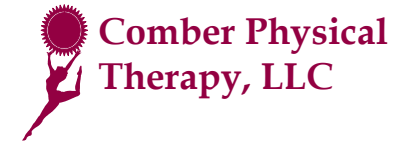
**Samantha Chou, MS, PT** has just joined our team at Comber Physical Therapy. She has experience in treating a wide variety of patients and specializes in manual therapy. She also specializes in Low Back Pain and SIJ dysfunction.



**Comber Physical Therapy, LLC**  
101 Bulifants Blvd., Suite B  
Williamsburg, VA 23188

Phone: 757 229 9740  
Fax: 757 229 9741  
Email: [ComberPT@aol.com](mailto:ComberPT@aol.com)

Located in Michael Commons Condominiums off Mooretown Road, across the street from the new hospital site, next door to Ferguson's Lighting and Plumbing. Please call to set up an appointment.



## Back Pain and Pregnancy



**"HELPING YOU BACK TO A HEALTHY LIFE"**

Tel: 757 229 9740

# PHYSICAL THERAPY, BACK PAIN AND PREGNANCY.



More than half of all pregnant women suffer from back pain, or some other orthopedic problem. Back pain during pregnancy is common but far from normal. It is **not** normal to feel pain in the groin area, rib cage, mid-back or shoulder blades.

## PHYSICAL THERAPY CAN HELP!

For each area of concern, a physical therapist can evaluate the problem, and design an individualized program of care to improve your function and enable you to manage your symptoms more effectively.

**Comber Physical Therapy** offers Specialists in Low Back Pain and Women's Health to assist you with relief both pre and post partum. We will provide you with the education necessary to maintain the strength and stability during your pregnancy then extend and refine that education post partum.

## How Can Physical Therapy Help?

- ♀ Joint mobilization to allow pain relief and joint movement
- ♀ Massage or soft tissue techniques to increase circulation, relieve pain, and improve tissue mobility
- ♀ Fitting of therapeutic belts and supports to assist with pain relief
- ♀ Suggestions for appropriate body mechanics and energy saving tips for home and work.
- ♀ Exercise to stretch tight muscles, strengthen weak ones, and improve posture.



## Factors that cause pain

Increase in maternal hormones which causes increased elasticity of the soft tissues—ligaments, tendons, and cartilage.

Postural changes due to growth of the fetus

Center of Gravity changes during weight increase

These changes can make pregnant women more susceptible to injury, or lead to development of problems in the spine, pelvis, or rib cage.

