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**Document Title:** Physiotherapy Procedure for Pre and Post -Natal

**Approval Process**

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**Acronyms:**

MOH	Ministry of Health
HOD	Head of Department
DGSMC	Directorate General of Specialize Medical Care



## Physiotherapy Procedure for Pre and Post -Natal

### 1. Introduction

Some of the problems faced by pregnant women are that, they tend to put on weight, develop back pain, nausea, fatigue, varicose veins, constipation, leg cramps, wrist and ankle swelling, difficulty in getting a good night's sleep, depression, anxiety, and low self-confidence and body image. Doing exercises during the period of pregnancy help in coping with the problems mentioned and increasing body awareness and positive self-image to have a better ability to cope with labor and childbirth for a quicker post-natal recovery. Even after child birth, there can be some problems like stress and urinary incontinence due to the weak pelvic floor muscles, weight gains, flabby abdomen, back pain, fatigue, depression and anxiety. Thus all pregnant women without contra indications should be encouraged to exercise.

### 2. Scope

This procedure is applicable to all obstetric physiotherapists who trained to help woman with physical changes during and after pregnancy and childbirth. It is also applicable for all physiotherapy staff working in government and private sectors in the Sultanate of Oman.

### 3. Purpose

The purpose of this document is to provide guidance to physiotherapists working in maternity and gynecology sections. The aim is to standardize the antenatal exercises and education tools. In addition, it provides standardization of physiotherapy intervention strategy at postnatal stage.

### 4. Definitions

**4.1 Obstetric physiotherapists:** is a specialized physiotherapist who trained to help patient cope with physical changes during and after pregnancy and childbirth.

**4.2 Prenatal care:** is a health care service given to a pregnant woman and to the developing fetus until the time of delivery.



## **5. Procedure**

### **5.1. Prenatal procedure**

- 5.1.1 On the referral day the therapist will assess the patients to ensure that they can safely participate in an exercise program. This will include, assessing patient's posture, strength, balance, and other musculoskeletal issues that impact pregnancy.
- 5.1.2 The therapist will identify any musculoskeletal problems such as back/pelvic girdle pain and treat appropriately with outpatient follow up appointments when needed.
- 5.1.3 The therapist will advise regarding pelvic floor exercises /bladder training when the antenatal mother is suffering from incontinence problems.
- 5.1.4 The therapist will educate the patient in the antenatal clinic on the preparation for labour and delivery, teaching breathing exercises, relaxation techniques, antenatal exercises and advice regarding posture.

### **5.2. Postnatal procedure**

- 5.2.1 Early Mobilization for all patients post delivery
- 5.2.2 Educate the patient regarding postnatal exercises and advice on correct posture to feed the baby.
- 5.2.3 Teach deep breathing exercises /coughing techniques, pre-post operatively, to all patient undergoing caesarian births
- 5.2.4 Give the patient home exercises and advice prior to discharge; these will include general back care and progression of home exercises.

## **6. Responsibilities**

### **6.1 Head of rehabilitation is responsible for:**

- 6.1.1 Circulate to all unit supervisors about this procedure
- 6.1.2 Monitor the implementation of the procedure



**6.2 Unit supervisor is responsible for:**

6.2.1 Ensure that procedure-have been followed as well as treatment procedure has been documented.

**6.3 Rehabilitation Therapists is responsible for:**

6.3.1 Follow this procedure strictly and avoid any shortcuts in patient care.



## 7. Document History and Version Control

Document History and Version Control			
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01	Initial Release	Jokha Salim Al-Abrawi	October/ 2023
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## 8. Related Documents

There is no related document for this procedure.





## 9. References

<b>Title of book/ journal/ articles/ Website</b>	<b>Author</b>	<b>Year of publication</b>	<b>Page</b>
Physiotherapy exercises during antenatal and postnatal	H, Rajsekhar P, Sumalatha	September 2015	
Exercise in pregnancy: A brief clinical review.	JF, Clapp	1990	1464–9