

# Program coordination



Coordinating the program is Marissa Schamberger, PTA, who has completed training in Women's Health and Pregnancy Rehabilitation.

Marissa's inspiration behind the program came from personal experiences with her two children. After her daughter was born, she said had no knowledge of postpartum care and what was considered "normal" and "not normal." She thought her symptoms were part of the healing process and would eventually go away.

Six years later, she became pregnant with her son and continued to deal with the same symptoms. She said it was debilitating to perform daily activities without experiencing increased pain. Through research and furthering her education to improve her postpartum care after her son, her symptoms improved approximately 95 percent, one year postpartum.

Because of her experience, Marissa felt the need to establish a mom-supported culture in the surrounding area. With this program, together with physicians, nurses and moms, the goal is to improve the patient experience throughout motherhood.

## Learn more

To learn more, talk to your OB provider about the Norton County Hospital OB PT Program.

The NCH Rehabilitation department can be reached at:

785-874-2222



**NCH** NORTON  
COUNTY HOSPITAL

## OB Physical Therapy Program

Attention expecting mothers!  
Norton County Hospital is proud to offer physical therapy for your benefit before and after baby arrives.

# Benefits of the OB PT Program

Each personalized visit with a Physical Therapist (PT) or Physical Therapy Assistant (PTA) is designed to attempt to improve patient outcomes throughout your pregnancy and the birth of your child. Mothers will participate in an assessment and learn management techniques for pelvic floor training and birth position training. Education in this program will cover, for example:

- 1. Prolapsing:** The descending or dropping of organs.
- 2. Breathing patterns:** The importance of breathing and coordination to support your neuro and cardio systems, pelvis, spine and organs.
- 3. Moving training to prevent injuries**
- 4. Preventing Diastasis Recti** (separation of muscles in your abdomen)
- 5. Supporting the pelvic floor:** Pelvic floor muscles provide stability for organ support, including carrying your baby. Pelvic floor education would include, for example, when to contract and relax your pelvic floor muscle for output, and when to bear down/when to relax to prevent prolapse.
- 6. Hip and core strengthening**
- 7. Improving posture**
- 8. Improving pain and discomfort with intercourse and arousal**



With your Norton County Hospital OB package, you are able to see the PT/PTA 4 times at no additional cost (2 times prior to delivery and 2 times postpartum).

# What to expect: prenatal appointments

Each of the 4 included package visits are explained on the next two panels of this brochure. Please note that the PT/PTA may advise you to seek further treatment as needed.

## 1) Outpatient Prenatal Care

- Anytime during pregnancy.
- Ability to be 1x with no issues, or an extended plan of care may be recommended if you are experiencing a treatable symptom.
- Education in:
  1. Musculoskeletal pain
  2. Management of prior injury, such as pain in the low back, pelvis, coccyx, groin and/or pubic area
  3. Labor & delivery preparation
  4. Development of safe exercise program
  5. Prolapse and incontinence concerns
  6. Bowel mechanics
  7. Posture

## 2) Outpatient Antepartum Labor and Delivery Training

- At 36 weeks or later.
- Labor and delivery positioning, breathing techniques and pain modulation techniques to help avoid orthopedic injury during birth.
- Birthing class instructed by both physical therapy and nursing staff.

# What to expect: postpartum appointments

## 3) Inpatient postpartum assessment

- Within 72 hours of delivery
- Structured around basic biomechanics, isometric activation of core and pelvic muscles. Discussions around lifting baby, addressing any previous surgery or tearing, listing common but abnormal symptoms the patient may experience that she should get help with, and assessing for Diastasis Recti.

## 4) Outpatient postpartum care

- At 6 weeks after birth or sooner as needed.
- Discussing any possible reasons for further treatment, such as:
  - Pelvic floor dysfunction
  - Pain: lower back, pelvic, coccyx, groin and pubic area; pain with intercourse or arousal
  - Diastasis Recti
  - Deconditioning and returning to exercise
  - Prolapse and incontinence concerns