

Programs for Women

Biofeedback Treatment

- ◇ Stress Incontinence
- ◇ Urge Incontinence

Pelvic Pain

- ◇ Levator Ani Syndrome: rectal pain or aching
- ◇ Vulvodynia: Burning, stinging, rawness in pelvic floor
- ◇ Interstitial Cystitis

Care During Pregnancy

- ◇ Back, hip and neck pain
- ◇ Pregnancy Massage

Post Partum

- ◇ Pelvic floor trauma or laxity
- ◇ Painful scars: C-section, episiotomy and tears
- ◇ Prolapse

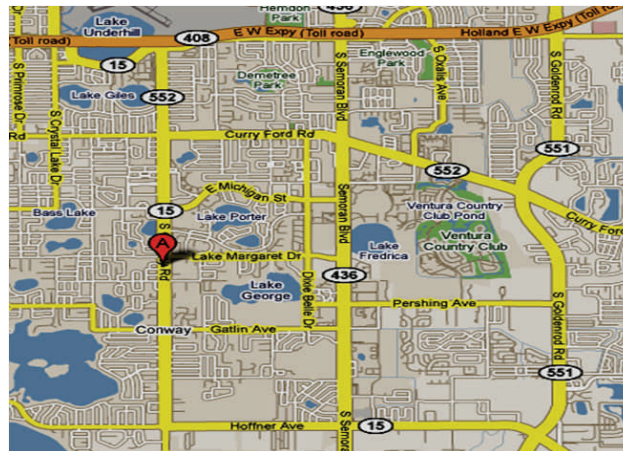
Osteoporosis: How Strong is your Frame?

- ◇ Regain lost height with posture exercises to strengthen both muscle and bone in 6-8 weeks



Meet our specially trained staff, Carolyn Kiefer PT, Melissa Schubert, PT and Joanna Quitos, PTA

Our specially trained staff, have completed numerous courses on pelvic floor rehabilitation and obstetric physical therapy.



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Knead To Be Fit Inc.
Therapeutic Services

"We provide hands on healthcare"



How to prepare your body for childbirth

Part of the Women's Health Program



Tel: 321-251-7877

~Se habla español~

How to prepare your body for childbirth



Hormonal changes early in pregnancy cause ligaments to loosen. This loosening is in preparation for childbirth. When ligaments loosen it causes skeletal misalignment. Pain and muscle weakness may develop in the many areas of the body; feet, neck, wrist, with back and pelvic floor the most common.

Our specially trained physical therapy staff will help you evaluate the cause of your pain or muscle weakness and discuss a treatment plan with you.

Pregnancy should be a cherished experience and should be as pain free as possible.

Abdominal Muscles

Stomach muscles become stretched and weak during pregnancy. When this occurs, the muscles cannot support your back. To help maintain some muscle tone, abdominal isometric exercises can help. Sit ups or crunches should not be done during pregnancy.

As pregnancy progresses, some women may notice a bulge or separation of the muscle above the belly button. This is called diastasis recti. It is a normal occurrence, the amount of separation can differ in each woman. This separation usually closes within three months after delivery. If it doesn't, you may need a binder for support or an exercise program specifically to strengthen the abdominals before starting a more vigorous exercise program.

Back Pain

Back pain is common during pregnancy but not normal. Back pain that starts during pregnancy may continue after you give birth.

Many factors can lead to back pain misaligned pelvis, poor sitting posture, standing posture, or how you lift and bend.

Stress Incontinence

Your pelvic floor muscles stretch from the weight of the baby and then again, with natural delivery. You shouldn't wait until after you give birth to start strengthening the pelvic floor muscles.

Kegels performed properly and at the proper time are effective at maintaining a strong pelvic floor not just for incontinence, but also to support pelvic organs. To perform a Kegel muscle contract, pull the pelvic muscles up and in as if you want to stop the flow of urine or passing gas. Practice for short periods of time and several times per day. Hold the muscle contraction, while you continue to breathe. Do some quick contractions of 1-2 seconds and some long contractions of 6-10 seconds. Relax completely between each contraction and hold the relaxation twice the length of the contraction. Hold 2 seconds, relax 4 seconds.

