

Physiotherapy Across the Perinatal Spectrum

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ABSTRACT

The perinatal period presents a critical time for a woman's physical health, functional ability, and overall well-being. Physical challenges that demand specialized rehabilitation strategies will arise. Physiotherapy encompasses both prenatal and postnatal phases, during pregnancy, and post-delivery. It plays a vital role in optimizing maternal outcomes by addressing musculoskeletal changes, preventing injury, and facilitating safe recovery after childbirth. Physiotherapy works on restoring pelvic floor and core function, reducing pain, and preventing long-term complications such as diastasis recti and incontinence. This presentation explores evidence-based physiotherapy interventions tailored to the unique demands of pregnancy and the postpartum period, including core and pelvic floor rehabilitation, postural correction, safe exercise prescription, and strategies for pain management. This session will outline evidence-based assessment tools, targeted exercise interventions, and early rehabilitation approaches tailored to each stage of the perinatal journey. Case studies will highlight practical applications in preventing complications such as diastasis recti, pelvic girdle pain, and postpartum incontinence, while promoting functional independence and return to activity. Attendees will gain insight into assessment tools, early intervention techniques, and multidisciplinary collaboration models that support both maternal and neonatal health. Through proactive, individualized care, physiotherapists play a vital role in ensuring strong, safe, and healthy beginnings for both mother and child. By empowering women through targeted rehabilitation, physiotherapists can bridge the gap between pregnancy, recovery, and long-term physical wellness.