

Lack of Awareness About Obstetrics Physical Therapy in Pakistan

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Respected Editor,

This letter aims to explain the role of obstetrical physical therapy in pregnancy to highlight the awareness related to physical therapy in Pakistan.

Obstetrics physical therapy is a sub-category of physical therapy, in which physical therapist deals with the musculoskeletal, neurological other pain related issues of women during and after pregnant.¹

During pregnancy majority of women gain excessive weight which may leads to musculoskeletal and metabolic disorders resulting in difficult labor and delivery.

Weight gain and gestational diabetes is one of the leading problems during pregnancy, hence exercises during pregnancy may reduce the risk of these problems.²

Muscular imbalance and excessive weight may also cause urinary incontinence during and after pregnancy. Strengthening of pelvic floor muscles (which controls urinary incontinence) during gestational and after gestational period reduces the urinary incontinence.³

Postpartum depression is also a common problem among all other issues during and after pregnancy, exercise programs during and after pregnancy significantly reduces the depressions among females.⁴

In modern world awareness of obstetrics physical therapy had been evolved widely. Studies showed effectiveness of physical therapy in obstetrics. Physical therapy in Diastasis Recti showed significant effectiveness.⁵ Kinesio taping along

with breathing exercises also play an effective role in reducing labor pain.⁶

To increase awareness for obstetrics physical therapy, physical therapist must play an important role. Physical therapist should work with obstetricians and gynecologist to have maximum excess for female health issues. Small group sessions or health camps related to role of physical therapy in female health issues may also have impact on awareness among females. Use of print and digital media also plays an important role in awareness program.

Authors Contribution:

Rabia Khan: Concept and Idea
Muhammad Usman: Proof Reading
Ghousia Shahid: Proof Reading

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