OUR MISSION

At Empower Physical Therapy, we improve quality of life for new mothers and mothers-to-be who are living with pain, discomfort and weakness during or after pregnancy. We help you adjust to physical changes as the body adapts to pregnancy, and can rehabilitate the body after delivery as you return to daily activities and child care. We are a source of education, motivation, and compassion for delicate and complex conditions. We partner with the patient, their family, and medical staff for comprehensive healing. Our therapists have obtained specialized, advanced training to develop treatment programs at the highest level of expertise and insight. Our individualized plans are focused on ***results:*** *restoring confidence, control, function and independence.*

EMPOWER
PHYSICAL THERAPY
Excellence. Compassion. Results.

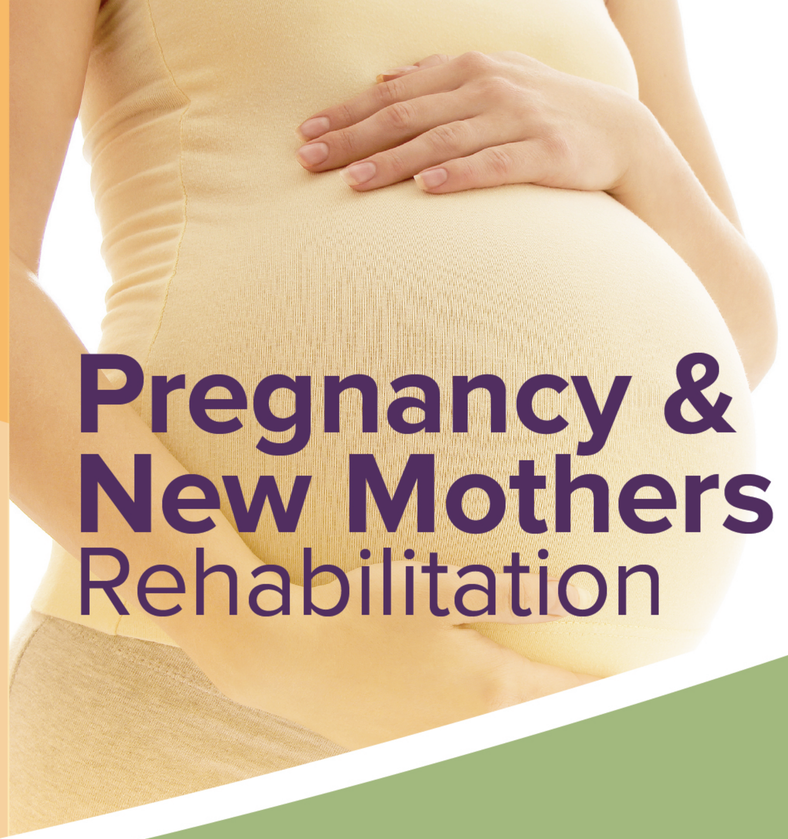
YOUR TEAM OF PHYSICAL THERAPISTS:

Theresa Feola
PT, WCS, PRPC

Gina Cunningham
PT, DPT, WCS

Andrea Yaktus
PT, DPT,
Schroth C2 Cert

Rachel Miller
PT, MSPT, WCS, CFMT



Pregnancy & New Mothers Rehabilitation

From the trusted team at

EMPOWER
PHYSICAL THERAPY
Excellence. Compassion. Results.

Exercises, tips, latest research and motivation at
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EmpowerPhysicalTherapy

Exercises, stretches and patient testimonials at
www.youtube.com
Search "Empower Physical Therapy"

470 John Young Way, Suite 200
Exton, PA 19341
Phone: (610) 873-3076
Fax: (610) 873-3078

www.empowerpa.com

Rachel Miller
PT, MSPT, WCS, CFMT
Owner & President
Empower Physical Therapy

470 John Young Way, Suite 200
Exton, PA 19341

(610) 873-3076

Experience the joy of a strong body.

Pregnancy and childbirth will take its toll on your body's muscles, joints and organs. But physical therapy — an often-overlooked part of a new mother's care — can prepare your body for pregnancy, minimize pain and discomfort, and prevent future back and muscle problems.

Therapy can help with your:

Lower back pain
Sciatica
Sacroiliac pain *(SI pain)*
Recovery from abdominal surgery and childbirth
Pain from C-section or episiotomy
Weak abdominals
Decreased control of bowels or bladder
Pelvic floor pressure/pain
Carpal Tunnel Syndrome
DeQuervaine's
Diastasis recti
Pubic symphysis separation
Thoracic outlet syndrome
Return to work/recreation

> *I was so discouraged and upset before coming here. I felt unable to pick up and hold my son due to my diastasis recti. I felt like an awful mom due to my post-natal body 'failing' me. Now, I feel like I can do things without worrying if my abs will support me. I can pick up and play with my son as I wasn't able to do before. This experience has made such a difference and I am so grateful for it.*
>
> ***Jen N.***
> *An Empowered Mom*

Your individualized therapy includes:

A comprehensive evaluation
Myofascial and trigger-point release *(internal and external)*
Massage and joint mobilization
Patient education
Therapeutic exercise
Discussions of delivery options and breast feeding
Core strengthening
Activity modification
Postural education
Breathing and relaxation techniques
Biofeedback *(internal and external)*
Muscle re-education
Behavior modification

WHY EMPOWER?

- ***All treatments are one-on-one, with the same therapist, in a private room***
- *A Pilates philosophy is incorporated into each treatment, emphasizing core and pelvic floor strength and stability*
- *State-of-the-art equipment for individual use or group classes*
- *Three WCS-certified therapists on staff*
- *Friendly staff offer support, obtain appropriate referrals, and explain benefits*
- *Convenient hours, 6 days a week*
- *A handicapped-accessible facility*