

# 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:



**Megan Wylie**  
PT, DPT



**Alexa Mock**  
PT, DPT



**Holly Wells**  
PT, DPT,  
OCS, COMT

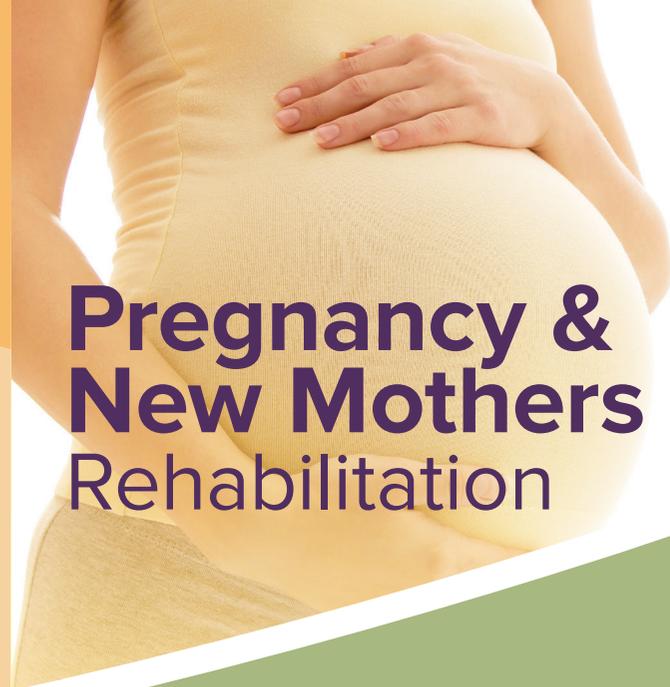


**Kelly DeAngelis**  
PT, DPT



**Marianne Ingersoll**  
PT, DPT

# 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](https://www.facebook.com/EmpowerPhysicalTherapy)



*Exercises, stretches and patient testimonials at*  
[instagram.com/  
empowerphysicaltherapy](https://www.instagram.com/empowerphysicaltherapy)

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**Rachel Miller**  
PT, MSPT, CFMT  
*Board-Certified Clinical Specialist  
in Women's Health*  
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**

**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**
- ▶ **Friendly staff offer support, obtain appropriate referrals, and explain benefits**
- ▶ **Convenient hours, 5 days a week**
- ▶ **A handicapped-accessible facility**

