



PREGNANT AND POSTPARTUM
MOVEMENT THEORY

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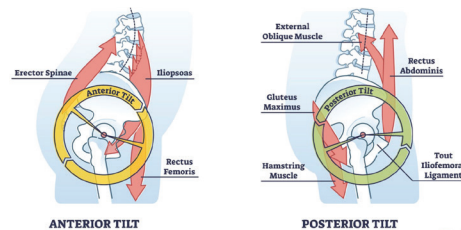
Part 3 Pelvic Alignment

The Pelvic Floor and Hips

- The pelvic floor is an integral part of the pelvis and hip musculature.

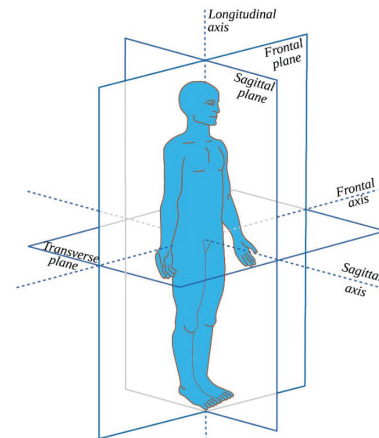


- Consider working on pelvic alignment before adding pelvic floor contractions.
- Pelvic tilt can affect pelvic floor function.



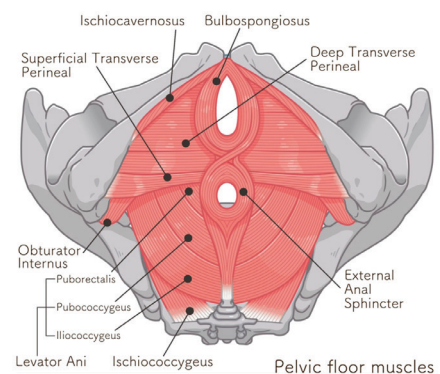
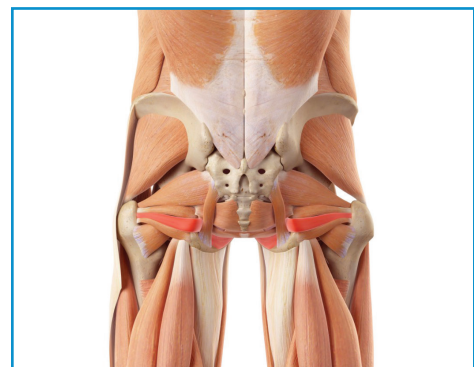
- An increased lumbar lordosis raises the risk of incontinence (Ozudogru et al., 2024)
- Anterior pelvic tilt (APT) - greater than 7 degrees increased the risk of back pain and hip impingement (Lim, Roh & Lee, 2013; Kim & Shin, 2023; Salt et al., 2020; Suits, 2021)
- Posterior pelvic tilt (PPT) - had an increased pain association with a disc herniation or degeneration (Chun et al., 2017)

Rotational Alignment



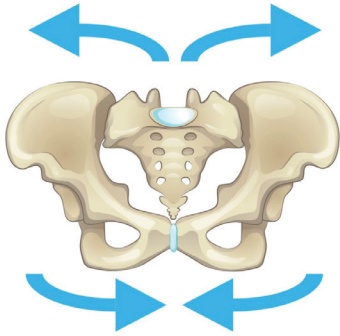
What happens to the abdominal wall when one side of the rib cage is flared, and one side of the pelvis is rotated?

- What happens to a pelvic floor response when one side of the pelvis is rotated forward, and one side is rotated back?
- What you do to the hips directly affects the pelvic floor.
- The levator ani muscles have attachments directly into the obturator internus fascia.

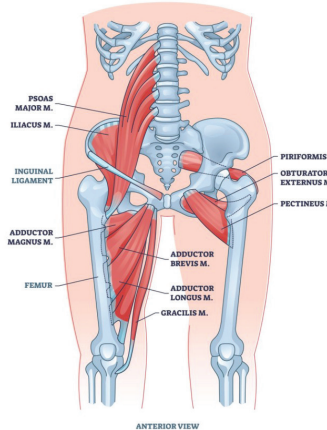
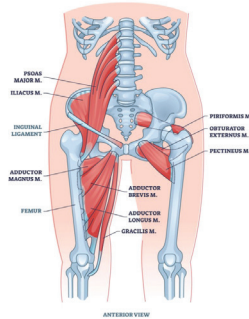


Pregnant Pelvis

- How does pelvic positioning in pregnancy lead to glute, adductor, and deep hip rotator tension, gripping, and decreased strength?



Pelvic Positioning and Adductor Response



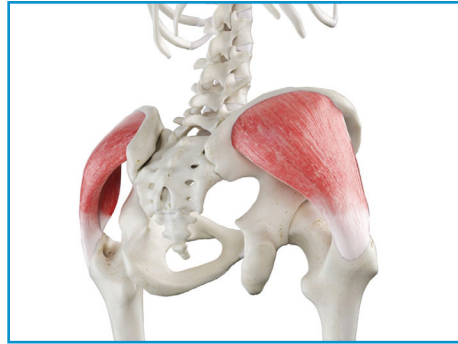
- Muscles respond to a stretch in two ways.
 - Shutting off, where they become loose and inactive
 - Desperately holding on, resulting in gripping muscles and trigger points
- Pelvic alignment can impact the integration of the pelvic floor and adductors.
- Strong adductors with good pelvic alignment help to decrease pelvic floor compensation.
- When they don't have a lot of adductor pain and tension, then we might start integrating adductors before glutes.
 - Especially if they have glute med trigger points
- Changing alignment can help improve muscle function.
- Getting more adductors helps the gluteus maximus work more because it can facilitate a more complete range of motion by helping the femur and pelvis find more adduction and internal rotation.

Adductor Influence on Pelvic Tilt

- SPD (symphysis pubis dysfunction) pain can be a frequent outcome of an adductor imbalance. (One side pulling into an APT, and the other into a PPT.)

Adductor Exercise Integration

- When might you want to integrate adductor work?
- If someone has a lot of tension in their adductors, work on glute medius strength first.



Notes

Notes

References

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