



## **Exclusive Guide to**

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# *Head to Toe Wellness for Mommy & Baby*

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### **Postpartum Recover Guide from 3 Experts**

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**Hi Mama,  
Congratulations on the  
birth of your baby!**

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**We want you to enjoy every moment of motherhood WITHOUT the worry of pain and have a speedy postpartum recovery.**

**Whether you had a C-section or a vaginal birth, the impact of delivering a baby is probably one of the biggest events a woman's body will go through in her lifetime.**

**We want you to enjoy postpartum and receive the proper education and information to help you achieve it.**

## Here is what some of our clients are reporting:

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“After having an emergency C section, I was still experiencing pain around the incision site 5 months later. The therapists at Pelvicore Rehab helped me regain a active lifestyle without pain.”

- Tamara, age 27

"Prior to pregnancy, I ran 5 days per week. After giving birth, I wanted to get back to running as soon as possible. I was healing so slowly, which was so frustrating. Seeing the therapists here sped up my recovery and I am back to 100%. I run 5, sometimes 6, days per week now!"

- Violet, age 25

"I had a surprise baby, my third, at 41 years old. After giving birth, I experienced pelvic pain, leaking, and I just felt so weak. My doctor told me that I would probably have to live with this because of my age and having a geriatric pregnancy. Pelvicore was a huge relief as I was beginning to give up hope. After treatment here, I now am now pain free, I do not leak, and I am stronger now than before my pregnancy!"

- Lisa, age 42

**You deserve the BEST care, more information and better education!**

# ABOUT THE AUTHORS

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**Susan Winograd**

Susan Winograd, PT, owns a private Pelvic Health and Wellness practice in Boca Raton, Florida called Pelvicore Rehab LLC specializing in Woman's Health, Men's Health issues, and Pre and Postnatal Care.

Susan's passion is helping men and women overcome pelvic floor dysfunction using a Total Body Approach. Her individualized and holistic philosophy offers pelvic health solutions using conservative strategies for healing.

Part of Susan's mission is spreading awareness and educating people on the importance of pelvic health and wellness. She enjoys teaching and giving workshops throughout South Florida on pelvic health and wellness related topics.

**She is committed to providing the highest quality of individualized care that every patient deserves in order to overcome pelvic pain, return to activities that bring them joy without surgery or medication.**

# ABOUT THE AUTHORS

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## **Marie-Josée Bérard**

Graduated studies in Montréal Canada, she is a Licensed Massage Therapist with 30+ years of experience and is approved by the Board of Florida of Massage Therapy as an Infant Massage and Prenatal Massage Continuing Educational Provider.

# ABOUT THE AUTHORS

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## Heather Koerner

Heather Koerner is a doctor of Chinese Medicine who has been treating fertility and reproductive health patients locally for over five years. She loves supporting women on their fertility journey from preconception to postpartum and thereafter.

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***A Patient's Guide:***

# POSTPARTUM DIGESTION TIPS

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The digestive system is the source of our innate vital force that animates all of our body's functions. Below are some tips that can help you improve your digestive system to help you replenish during your postpartum recovery.

- **Eat mostly warm foods. Raw vegetables are considered cold in nature and are hard to digest. Soups, stews, and cooked vegetables are best**
- **Drink a small cup of warm water, broth, or tea with each meal. Warming spices like ginger, cinnamon, orange peel, and fennel are helpful for digestion. (There are many herbal teas that contain them).**
- **Smaller meals spread out every few hours are easier for your digestive system to handle rather than larger meals.**
- **Room temperature water is much easier on your digestive system. Try not to drink any more than a small cup of water with your meal as it puts out your digestive fire.**

In Chinese Medicine, all foods have an energetic impact in the body.

# BABY WELLNESS MASSAGE

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Touch is essential to human life and development and it is extremely important for a new mom to relax during her postpartum recovery. Listed below are some of the benefits of an infant massage for the baby and the mom.

- **Develop mentally, socially and physically**
- **Understand non-verbal cues**
- **Bonding between baby and parent**
- **Helping babies and parents sleeping better at night**
- **Boost Immune System**
- **Reduces fussing and crying**
- **Preemies weight Gain**
- **Relieves Colic and Constipation wind/gas**
- **Relieves Acid Reflux**
- **Relief Teething discomfort and excess mucus**
- **Circulation Improves**
- **Muscle Tone is Normalized**
- **Reduces Cortisol levels (Stress Hormone)**
- **Supports baby's nervous system and brain development**
- **Soothing Strokes stimulate the production of oxytocin, the “feel good” hormone in both you and your baby.**
- **Getting out your house and having Fun with Baby! Also, a great way to meet other parents!**

# PELVIC HEALTH AND WELLNESS AFTER BIRTH

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Once Postpartum; Always Postpartum:

## Recovery from any Birth

- Consider relaxing with your baby for about 2 weeks! This helps decrease your chance of developing prolapse, abdominal separation, helps you heal, and helps you to establish a feeding/sleep routine.

## If you had a C-Section:

- Allow 8-12 weeks for your scar to heal, then consider seeking out a provider for scar release. Scars can create lines of pressure and pull in your body. C-Section scars, if not treated properly, may over time lead to lower back pain, pelvic pain and even changes in bowel, bladder or digestive health. I have treated many women with digestive issues who coincidentally have lower back pain and a history of C-Section delivery (or even other abdominal surgery scars) and when we release the scar(s) their pain and pelvic/digestion dysfunctions improve, too.

Ideally, it would be great if ALL moms could get postpartum pelvic floor therapy soon after birth. However, postpartum is forever and it's NEVER too late to get help!

# TOP 10 THINGS THAT ARE COMMON BUT NOT NORMAL DURING POSTPARTUM RECOVERY

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(If you experience any of these, please consider seeing a pelvic health and wellness physical therapist.)

1. **Pain Anywhere!** - For Example, pain with bowel movements, urination, sitting, walking, moving in bed, Abdominal pain, hip pain, low back pain, pubic pain, pelvic pain, tailbone pain, thoracic pain, shoulder pain, neck pain.
2. **Pain with intercourse**
3. **A feeling of something “falling out of your vagina” or a feeling of heaviness in your vagina.**
4. **Burning or itching around your vaginal opening or in your pelvis.**
5. **Feeling like you can’t get in a nice deep breath**
6. **Sensitive/Uncomfortable scars.**
7. **Urine leaking, even a little bit! Should return to normal within 6 weeks.**
8. **Fecal leaking/Constipation.**
9. **A split in your rectus muscles, or a doming, bulging or pooch when you move.**
10. **Something just doesn’t “feel right”.**

# BOOK A VIRTUAL SESSION

*Remote consulting from a location that is comfortable and convenient for you.*

## **Benefits of a Virtual Appointment:**

- *Receive from our services from your current geographical*
- *Location flexibility of scheduling*
- *If you are unable to travel to our office*
- *To accommodate your work schedule*

***All sessions are conducted via a secure telemedicine service to ensure your privacy.***

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