

Location:

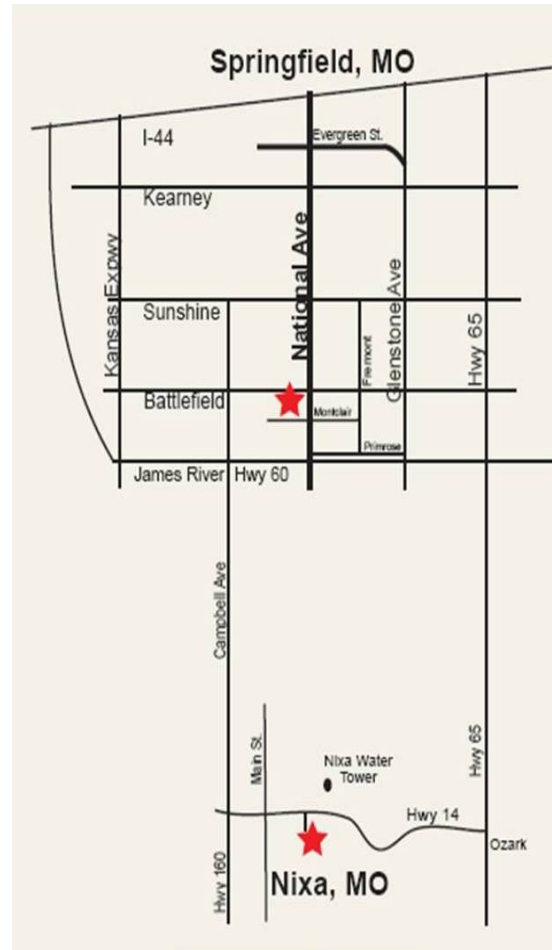
Springfield-We are located inside the "Orthopedic Specialists of Springfield" building at National and Montclair.

Nixa- We are located inside the Crimson Plaza . OCH Christian County Clinic, Physical Medicine Entrance.

Insurance's Accepted:

- >Medicaid (for pregnant women)
- >Blue Cross Blue Shield
- >United Healthcare
- >TriCare
- >Mercy (Spfld location only)
- >Most commercial Insurances

In most cases, we accept same day referrals.



Therapy Services for Pregnant Women



Springfield
3045 S National, Ste 201
Springfield, MO 65804
Phone: 889-4800 Fax# 889-0980

Nixa
105 S Ridgcrest Ave
Nixa, MO 65714
Ph# 724-3198 Fx # 725-7373

advantagetherapyonline.com
Check us out on facebook!

Progressive Partnership with Ozarks Community Hospital

Pregnancy and Physical Therapy

Even regular tasks such as sitting, walking, standing and working can be difficult when pregnant. Almost all women experience musculoskeletal discomfort during pregnancy and as many as 50-70% of all pregnant women experience temporarily disabling discomforts. This is due to the tremendous changes undergone by the body during any healthy pregnancy.

With Physical Therapy, techniques can be learned to help relieve the following conditions:

Lower Back Pain caused by a shift in the mother's center of gravity as the baby grows.

Neck Pain and headaches due to changes in posture

Arm Pain or tingling caused by nerve compression associated with an increased chest diameter

Bladder Leakage during pregnancy and after delivery due to strained pelvic muscles

Stretching of the abdominal leading to back pain and difficult delivery due to ineffective abdominal contractions

Physical Therapy and home exercises during pregnancy

There are no guarantees, but it is fair to expect your pregnancy and labor to go easier and possibly even quicker following any strength and flexibility enhancements. Although a few visits with your physical therapist is a good start, it is essential to incorporate home exercise into your physical therapy program. Your Physical Therapist is going to provide you with specific exercises that target what you need to make your pregnancy easier and even healthier.

