

Postpartum 6-Week Follow Up

In addition to giving birth recently, I also have a diagnosis of _____.

I would like to request referrals for:

Pelvic floor therapy because I am experiencing:

- Urinary Incontinence
- Diastasis Recti
- Pain with sexual intercourse
- Pelvic organ prolapse
- Rib flaring
- Core weakness

I know all of these can improve with a women's health physical therapist. I know kegels are not always the best option.

Physical therapy due to difficulty with my own transfers, getting my baby on/off the floor, getting my baby in/out of the car seat and crib, and improving my posture and positioning at home. I want to feel confident and improve my functional independence in regard to general mobility and gross motor function needed to take care of my baby.

Occupational Therapy due to difficulty with my personal ADLs (getting dressed, showering), wanting to make sure my home is set up appropriately to help with energy conservation while I care for my baby.

Mental Health Therapy due to increased feelings of depression and decreased self-worth beyond the "baby blues."

Couples Counseling to help my partner and I navigate our new roles as parents. I want to make sure we understand how to communicate with each other better during this stressful time of life.

Lactation Consultant due to difficulty with positioning and holding my baby during breast and/or bottle feeds, sore/cracked nipples that have remained, frequently clogged ducts/mastitis.

Nutritionist/Dietitian to ensure I am receiving all of the nutrients I need for me and my child (if breastfeeding) as well as to help with weight loss, when appropriate.

Chiropractor due to birth trauma that has caused back and pelvic pain, limiting my ability to move appropriately.

Other:

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