



Lutheran HealthCare
Rehabilitation Services

Pregnant?



Do you have?

Leg cramps

Pain between shoulder blades

Lower back pain

Joint pain

Physical Therapy Services to Build Strength and Flexibility During Pregnancy

The pregnant body goes through many changes. A combination of conditions caused by hormonal changes can cause elasticity of the “soft tissues” or changes in posture due to the growth of your baby. These conditions can lead to injury, pain or dysfunction.

Abdominal weakness and pelvic floor weakness are common problems after pregnancy and childbirth. Physical therapy can help to strengthen these areas through exercise. Ask your obstetrician for a referral to determine if you will benefit from our programs. Female therapists are available. For additional information about this and other programs available at Lutheran HealthCare’s Rehabilitation Services visit our website at www.LutheranMedicalCenter.com

To make an appointment, call us at:

718-921-2945

Medicare, Medicaid and other major insurances accepted. For patients without insurance, a sliding fee scale is available.

Directions

Shore Road Sports Therapy & Rehabilitation
9000 Shore Road, East Building.

Our entrance is located on 91st Street between Shore Road and Colonial Road, in the lower lobby of the Shore Hill Housing complex.

Subway: R to 95th Street

Bus: B16 to 90th Street