

Cesarean Section Recovery: Beyond 6 Weeks

Northwestern Medicine Women's Health Physical Therapy Cesarean Section Clinic

At your 6-week postpartum visit, your obstetrics clinician will make sure that the scar from your cesarean section (C-section) is healed. They will talk with you about when you can get back to your normal activities and exercise.

Why therapy is important

A C-section is a common surgery but it is also complex. A C-section involves cuts to your skin, connective tissue, muscles and uterus. Just because the scar tissue has healed does not mean that your muscles can work like they did before your pregnancy.

Therapy can help you get back to the activities you enjoy. It can also reduce your risk of injury. Physical therapists at the Northwestern Medicine Women's Health Physical Therapy Cesarean Section Clinic can evaluate the connective tissues, muscles and structures of your abdomen and pelvis and work with you to make a care plan for your recovery.

We can help you:

- Improve scar tissue mobility
- Restore muscle strength
- Enhance core stability

Comprehensive evaluation

Physical therapists in the clinic can evaluate and determine your individual needs to help you recover from your C-section.

During the 45-minute evaluation, your physical therapist will look at:

- Abdominal scar mobility
- Abdominal wall and pelvic tissue and muscles
- Diastasis recti (abdominal separation)
- Spine and rib cage alignment and mobility
- Pelvic alignment
- Motor control of core muscles

Based on the exam, your therapist will recommend exercises tailored to your needs to help you heal.

Meet the Care Team

Northwestern Medicine Women's Health Physical Therapy



**Melissa Baptiste, PT,
MSPT, WCS, CSCS, CLT-UE**



**Hillary Cummings, PT,
DPT, WCS**



Lesli Lo, PT, DPT



Karen Mestek, PT, DPT



**Mary Trungale, PT, DPT,
OCS**



**Caitlin Wilson, PT, DPT,
PRPC**



Victoria Yeisley, PT, DPT



**Siu "Emily" Yeung, PT,
DPT**

To schedule an appointment in the Cesarean Section Clinic, call the Women's Health Physical Therapy Department at 312.926.8810 (TTY: 711).

To learn more about our physical therapy services, please visit 680obgyn.nm.org/pt.

Clinic details

**Northwestern Medicine Women's Health
Physical Therapy Cesarean Section Clinic**
680 North Lake Shore Drive, Suite 830
Chicago, Illinois 60611

Appointments available
Fridays, 9:00 am-1:30 pm

