

Cesarean Section Recovery: Beyond 6 Weeks

Northwestern Medical Group Women's Health Physical Therapy Cesarean Section Clinic

At your six-week postpartum visit, your Obstetrics provider will confirm your scar is healed and discuss when you can resume normal activities and exercise. This is the time to focus on your body's recovery from your cesarean section (C-section) surgery.

Why therapy is important

A C-section may be one of the most common surgeries performed, but its complexity should not be overlooked. Unlike other surgeries, a C-section involves incisions to the skin, fascia, muscles and uterus. The rectus abdominis and transverse abdominis muscles are most involved during the surgery to access the uterus. Just because the scar tissue itself is healed does not mean that these muscles have restored their ability to function at their pre-pregnancy level.

Proper therapy can help you return to your previous activities and exercise with less risk of injury. Women's health physical therapists at the Northwestern Medical Group Women's Health Physical Therapy Cesarean Section Clinic can evaluate the connective tissues, muscles and structures of your abdomen and pelvis to provide guidance for your continued 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 completely recover from your C-section.

The 45-minute evaluation includes an examination of:

- Abdominal scar mobility
- Abdominal wall and pelvic fascia and musculature
- Diastasis recti
- Spine and rib cage alignment and mobility
- Pelvic girdle alignment
- Motor control of core muscles

Based on the findings of the exam, your therapist will then recommend individualized exercises that will help restore and heal your body.

Meet the Team

Northwestern Medical Group Women's Health Physical Therapy



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



Hillary Cummings, PT, DPT



Marin Graham, PT, DPT



Lesli Lo, PT, DPT



Karen Mestek, PT, DPT



Angela Pappas, PT, DPT, WCS



Caitlin Wilson, PT, DPT



Victoria Yeisley, PT, DPT

To schedule an appointment in the Cesarean Section Clinic, call the Northwestern Medical Group Women's Health Physical Therapy Department at 312.926.8811, TTY 312.926.6363.

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

Clinic details

**Northwestern Medical Group 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

To schedule, call 312.926.8811.
TTY: 312.926.6363

