

Physiotherapist Bryan Kelly Discusses How To Help Pregnant Patients

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London, UK, SEP 18, 2015 ? Pregnancy is a happy time in a woman's life, but it also can bring discomfort such as morning sickness or lower back and pelvic pain as the body prepares the mother to sustain the child inside her. Statistics state that 'more than two thirds of pregnant women have lower back pain, and nearly a fifth feel pain in the pelvic area'. In order to help Ealing mothers-to-be out with this, CK Physio (www.ckphysio.co.uk) has just published a new blog post authored by Bryan Kelly entitled 'Managing Pains: London Physiotherapy Treatments For Pregnancy Issues'.

The article discusses summarises a comprehensive review on randomised control trials that involved physiotherapy treatments for pregnant women written by Janet Wright, a regular columnist for Chartered Society of Physiotherapy.

?Physiotherapy can relieve some of the most common pains women experience during pregnancy, a Cochrane review has shown,? states Kelly. ?Victoria Pennick and Sarah D Liddle, of the Cochrane Pregnancy and Childbirth Group, reviewed 26 trials in which women received a treatment in addition to usual care, and were compared with those who received only the usual care. Physiotherapy was found to relieve both back and pelvic pain more than usual care alone.?

According to the article, 'because of the risks of side effects when using conventional medicine, non-invasive therapies are preferred by most physicians, therapists, and pregnant women in addressing bodily aches and pains often associated with pregnancy'.

The article also discusses how physiotherapy has been able to treat more pregnancy issues such as incontinence, safe exercises during pregnancy, and further proper posture and ergonomic advice. Physiotherapists can work together with the patient?s obstetrician during their pregnancy to provide holistic care helping them to achieve positive outcomes during the pregnancy.

CkPhysio physiotherapists are Chartered (members of the Chartered Society of Physiotherapy) and

registered with the Health Professions Council.

To read the article, visit www.ckphysio.co.uk.

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For more information about CK Physio, contact the company here:CK PhysioBryanKelly020 8566 4113
info@ckphysio.co.uk57 Elthorne AvenueHanwellLondonW7 2JY

CK Physio

Bryan Kelly and Emma Cadwallader started CK Physiotherapy in 2003. Initially the practice was based in Golds Gym in Hanwell. As the practice grew, we moved and from 2008 have been based in Elthorne Avenue where we have 2 dedicated treatment rooms.

Website: <http://www.ckphysio.co.uk>

Email: info@ckphysio.co.uk

Phone: 020 8566 4113

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