

Post-Baby and Pain Free

Up to 80 percent of pregnant women experience some back or pelvic pain during pregnancy. The natural stretching of pelvic ligaments during pregnancy tends to misalign the pelvic bones; this is called pelvic instability. If a woman's pelvis does not realign itself after delivery, she can continue to suffer severe pain for many years.

Usually, women with pelvic instability are told to get lots of rest or to rely on crutches and wheelchairs. They are left in pain, feeling that they can do nothing to help their recovery.

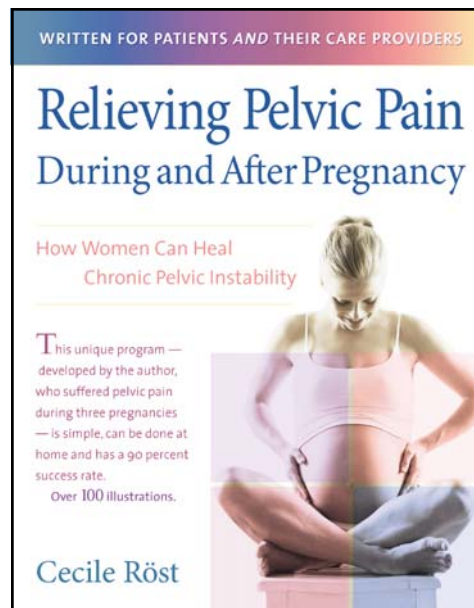
Author Cecile Röst was one such sufferer. Then, during her third pregnancy, Röst used her knowledge as a physical therapist to create a set of exercises to relieve herself of pelvic pain. The exercises worked, and she has now taught the same techniques for over ten years. Ninety percent of her students and clients have overcome pelvic pain and its related symptoms.

Now she presents her innovative exercises in her book, *Relieving Pelvic Pain During and After Pregnancy*. Easy-to-read and filled with illustrations, it helps women regain control of their bodies so they can once again walk, sit and lie down without pain, care for their children and enjoy physical intimacy. Causes unrelated to pregnancy such as intense swimming, and jobs that require prolonged standing and/or caregiving can also induce pelvic instability. Whatever the cause, this book offers valuable information and instructions long sought-after by pelvic pain sufferers and therapists alike.

CONTENTS INCLUDE

- ◆ What Is Pelvic Instability?
- ◆ How Do You Recognize Pelvic Dysfunction?
- ◆ What Causes Pregnancy-Related Pelvic Pain?
- ◆ Exercises to Bring Your Pelvis under Control
- ◆ Pointers for Everyday Activities
- ◆ Labor and Delivery
- ◆ Analysis of Research Findings
- ◆ Therapy
- ◆ Pregnancy and Beyond

CECILE RÖST, PT, IS A PHYSIOTHERAPIST AND ORTHOPEDIC MANUAL THERAPIST. SHE HAS ELEVEN YEARS OF EXPERIENCE TREATING CHRONIC PELVIC-GIRDLE COMPLAINTS AND HAS SUCCESSFULLY TAUGHT THE TECHNIQUES IN THIS BOOK TO THOUSANDS OF WOMEN IN EUROPE. SHE HAS ALSO TRAINED MANY PHYSIOTHERAPISTS IN THE NETHERLANDS AND BELGIUM. SHE LIVES IN THE NETHERLANDS.



Relieving Pelvic Pain During and After Pregnancy

How Women Can Heal Chronic Pelvic Instability

Cecile Röst, PT

PUBLICITY & PROMOTION

- ◆ Review and excerpt pitches to healthcare, medical and alternative medicine magazines, both printed and online
- ◆ Review and excerpt pitches to major radio and TV programs on health
- ◆ Review and excerpt pitches to healthcare sections of newspapers
- ◆ Contact healthcare professionals regarding programs and classes for pregnant women
- ◆ Target websites, journal and magazines that provide information for pregnancy-related problems

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