

**Punxsutawney  
Area Hospital  
Rehabilitation**

*..Department Hours..*

**Monday 7:00 a.m.- 5:00 p.m.**

**Tuesday 7:00 a.m. - 7:00 p.m.**

**Wednesday 7:00 a.m.- 5:00 p.m.**

**Thursday 7:30 a.m.- 7:00 p.m.**

**Friday 7:00 a.m.- 5:00 p.m.**



***Contact Us Today***

Punxsutawney Area Hospital  
Rehabilitation Department  
81 Hillcrest Drive  
Punxsutawney, PA 15767  
814-938-1809  
[www.pah.org](http://www.pah.org)

*Pregnancy,  
Pain,  
and*

**Physical  
Therapy**

 **PUNXSUTAWNEY  
AREA HOSPITAL**

**814-938-1809**

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# Are you experiencing these signs and symptoms?

- Low Blood Pressure
- Sacroiliac Pain
- Muscle Fatigue
- Hip Pain
- Foot Pain
- Headaches/ Neck Pain
- Diastasis Recti

# What can cause pain during pregnancy?

- Increased hormones causing ligament and joint laxity
- Weight Gain
- Postural Changes
- Muscle Weakness/ Imbalance
- Decreased Physical Activity
- Pre-Existing Conditions

# How can you benefit from Physical Therapy?



## Therapeutic Exercise

- Strengthen Weak Postural Muscles
- Improve Muscle Imbalance
- Improve Function
- Postural Re-education

## Body Mechanics

- Education for proper lifting
- Education for proper technique with functional transfers

## Manual Therapy

- Assess and correct pelvic alignment
- Soft Tissue Massage to help alleviate muscle spasm/ muscular tightness

# Your Physical Therapy Team

Shannon Byerly, PT, DPT

Glenn Martel, PT, DPT

Doug Covatch, PT, DPT, OCS

Frank Maganotti, PT, DPT



**The results you want.**  
*The care you deserve.*

