

# Course Overview

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## Course Schedule

Wednesday March 27, 2019

7:00am-8:00am

What is the fourth trimester? It's a term being used to describe the weeks and early months after delivery, when the baby has been born but health care involvement remains vitally important to ensure optimal recovery from pregnancy for the mother, and optimal postpartum care of the child. An OBGYN group task force recently endorsed the fourth trimester care concept—a development that includes physical therapists who have a key role to play in postpartum care. Learn about what happens as mom's body undergoes yet more changes and how health care providers can encourage and support women through this time. Medical professionals, including physical therapists, should expect to achieve enhanced clinical reasoning and treatment skills for patients with or without referral.

## Course Objectives

By the end of the course the participant will:

1. Explain 3 physical changes that occur to a new mother during the fourth trimester to aid in differential diagnosis. (15 min)
2. Describe an emotional response that a mother may exhibit in the postpartum healing phase to aid in differential diagnosis. (15 min)
3. Demonstrate proficiency in differentially diagnosing a postpartum women for diastasis recti and describe some protective strategies she could take with activities of daily living. (15 min)
4. Differentiate 2 situations that could benefit from a referral to a women's health physical therapist. (15 min)

## Physical Therapy at St. Luke's Course Registration

*The Fourth Trimester –  
The baby is cute but how is  
Mom's recovery going?  
Wednesday March 27, 2019*

### Registration Fee: **Free**

Register by phone or mail.

Name \_\_\_\_\_ Degree \_\_\_ License# \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_ Zip \_\_\_\_\_

Daytime phone \_\_\_\_\_ Email \_\_\_\_\_

Registration deadline is 5 days prior to course date.

For Questions Or to Register By Phone:  
Call: (484) 426-2544

To Register by Mail:  
Physical Therapy at St. Luke's  
501 Cetronia Rd.  
Allentown, PA 18104

### Credits:

Pending approval by FSBPT ProCert  
Must achieve a passing score of 80% on the post-test to earn credit



Presents

***The Fourth  
Trimester – The  
baby is cute but  
how is Mom's  
recovery going?***

**Wednesday  
March 27  
2019  
Bethlehem, PA**

***Course Presenters***

**Lauren Garges, PT, MSPT, WCS**

Ms. Garges is a board-certified clinical specialist in women's health and is the director of St. Luke's Pelvic Floor Rehab Program. She has been treating pelvic floor dysfunction, prenatal and postpartum issues since 2004 and serves as a case reviewer for women's health section of the American Physical Therapy Association.

Lauren has been cited as a clinical expert in multiple articles on women's running in Runner's World Magazine as well as a recent article on painful intercourse published on Health.com. She mentors other physical therapists in the area of women's and men's pelvic health and is proud that St. Luke's has triple the amount of women's health trained physical therapists than any other health network in the Lehigh Valley.