

## STAFF SPOTLIGHT: KASIA ROMANOWSKA, DPT

What I love about being a physical therapist is developing a therapeutic relationship with people and being by their side throughout the rehab journey. I enjoy working with different types of people of all ages and am able to treat the individual by seeing the whole person, not just the injury. I provide the tools necessary to reach goals and maximize function with less pain. I do this by incorporating evidence-based treatments including manual therapy and rehabilitative exercises. I believe that the key to successful outcomes is educating the patient so they can take control of their own health to ensure long-term results.



I like to treat various orthopedic and neurologic conditions, but have a special interest in treating pelvic health, which encompasses any gender. This has led me to complete advanced coursework in this area and the ability to treat diagnoses such as pelvic pain, pregnancy/postpartum conditions, urinary incontinence, bowel dysfunction, endometriosis, sexual dysfunction and pudendal neuralgia. Starting off as a patient before becoming a therapist, I have experienced firsthand how addressing pelvic health issues can be empowering and improve quality of life.

Kasia was born in Poland and grew up in Illinois before moving to Utah with her husband in 2017. Their growing family consists of a dog, cat, fish and garden so far. She is excited to keep exploring Utah and everything it has to offer. Outside of work, you can catch her doing yoga, hiking, skiing, mountain biking, rock climbing or painting.

- DPT: Rocky Mountain University of Health Professions, Provo, UT
- BS: University of Illinois Champaign-Urbana
- Member: APTA

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## REGAIN YOUR **STRENGTH** AFTER GIVING BIRTH

Have you recently given birth to a new bundle of joy? This is an exciting time, but it can also be overwhelming. Balancing caring for your new addition to the family while also recovering from your delivery and keeping up with inquisitive family members is a lot of work! That's why, at Beyond Limits Physical Therapy, we are here to help. While your pregnancy journey may be complete, your body is still working hard to get back to equilibrium.

If you've recently delivered a baby and are looking for relief, please do not hesitate to contact our physical therapy office today! We will help you ease your discomfort and regain your strength so you can get back to doing what matters most – taking care of yourself and your new baby!

### Recovering from your unique delivery

It is important to keep in mind that the postpartum period is a time of intense physical, emotional, and mental change. That's why it's critical to rely on the many benefits of physical therapy! Your physical therapist can assist you with improved mobility, strength, balance and flexibility. Rest assured that our team can help you get back on your feet after giving birth.

If you underwent a procedure during your delivery, such as a c-section or an episiotomy, you might face restrictions in the body's myofascial system. Our physical therapy practice uses specific myofascial and scar-release techniques to eliminate these restrictions and prevent your myofascial system from being further compromised.

### Why am I experiencing postpartum pain?

There are many reasons why you may experience postpartum pain, especially in the pelvis and back regions. Some common causes of pain are as follows:

**Changes in posture.** When you're pregnant, your center of gravity changes. To compensate for this, most women will adjust their posture and how they move, sometimes without even realizing they are doing so.

**Changes in hormones.** During pregnancy, your body releases a hormone known as "relaxin." This increases joint laxity (looseness) in the pelvic area. This is your body's natural way of preparing for birth; however, this hormone causes ligaments in the spine to loosen, resulting in less stability and more risk for the pain to ensue.

**Increased weight.** Women typically gain 25-35 pounds during pregnancy. This puts extra stress on the spine, and the growing baby in your uterus also puts extra pressure on the nerves and blood vessels surrounding your back and pelvis.

**Separation of muscles.** As your stomach expands throughout your pregnancy, extreme stress is put on your abdominal muscles. With continued expansion, these muscles can separate along the center, in a condition known as "diastasis recti." This may cause a muscle imbalance that places more stress on the spine, resulting in back pain.

(Continued from outside.)

Many new mothers will experience postpartum back pain due to the intense strain that their back and abdominal muscles experience when contracting and pushing in the delivery room. If you had a C-section, you might be experiencing pain and discomfort from the invasive procedure. Even the act of picking up and holding your newborn baby throughout the day can cause back pain and achiness.

Postpartum strengthening consists of physical therapy treatments to help you with your postpartum recovery. Back and pelvic pain is the most commonly reported areas of discomfort and will likely be a large part of your postpartum strengthening treatments and gentle core strengthening exercises/stretches.

Your postpartum strengthening treatment plan will be designed specifically around you and your body's specific needs. After all, as stated by Healthline, "While your pregnancy, type of birth, and any complications you experienced during delivery will dictate specific exercise guidelines, the most important factor to consider is how you feel."

With our postpartum strengthening program, one of our physical therapists will provide you with the proper resources needed for pain and muscle management, strength training, body mechanics, and flexibility/stretching. This will help your body ease pain and speed up its recovery process, gain back any strength or flexibility that was lost during pregnancy, and make you more comfortable overall.

## Begin your postpartum journey today

Are you ready to recover from your delivery and get back to living life comfortably with your new baby? Of course, you are!

Your body went through a lot in the past nine months, and you're finally in the home stretch. While the recovery may seem daunting now, we can help make it easier for you.

At Beyond Limits Physical Therapy, we'll help you finish out this journey strong! Contact our clinic today to schedule an appointment with one of our trained professionals. We can help relieve your discomfort and get you back on your feet so you can concentrate on what matters most – your new family member!

### Types of Diastasis Recti



## CALL TO MAKE AN APPOINTMENT.

Physical therapy is essential to identify the correct exercises to regain your strength after pregnancy. Contact Beyond Limits Physical Therapy today to get started!

## HEALTHY RECIPE: SIMPLE ROASTED ASPARAGUS

### INGREDIENTS

- 12–16 ounces fresh asparagus (pencil-thin), woody ends trimmed
- 1–2 tablespoons olive oil
- Salt and pepper to taste
- 2 garlic cloves, finely minced or use a garlic press
- 1 tablespoon lemon zest
- a squeeze of lemon juice
- **Optional Garnishes:** grated parmesan, toasted slivered almonds or pinenuts, basil, flat-leaf parsley, chili flakes

### DIRECTIONS

Preheat oven to 400F. Toss the trimmed asparagus in a bowl with olive oil, garlic, lemon zest, salt & pepper. Lay spears out in a single layer on a parchment-lined sheet pan. Roast until just tender yet still vibrant green, about 15-25 minutes, depending on size and thickness, tossing halfway through. Once tender, toss with lemon juice. Taste and adjust salt. Garnish with any of the optional garnishes.

<https://www.feastingathome.com/roasted-asparagus/#tasty-recipes-34982-jump-target>



# CALL TODAY TO SCHEDULE YOUR APPOINTMENT!

**HERRIMAN:** (801) 302-7232 • **EAGLE MOUNTAIN:** (801) 789-7333 • **SOUTH JORDAN:** (801) 878-9868

# LOVE YOUR LIFE WITH BETTER BLADDER CONTROL

*"30-50% of women and men are affected by bladder control problems such as urine leakage!"*

**Take this quiz to find out if you have a bladder control problem.**



Do you leak any urine, even a small amount?

yes no

Do you go to the bathroom "just in case"?

yes no

Do you ever have to rush to the bathroom?

yes no

Do you go to the bathroom more than 8 times per day?

yes no

Do you have to wear pads when you leave the house?

yes no

Do you wake up more than one time per night to urinate?

yes no

Do you feel like you are not able to fully empty your bladder?

yes no

Do you have frequent urinary tract infections?

yes no

***If you answered YES to any of these questions, TRY PHYSICAL THERAPY FIRST!***

Pelvic floor physical therapy includes exercises, stimulation, biofeedback, and strategies for better bladder control. Recommended by doctors as the FIRST line of treatment for men and women.

## At-Home Exercise

### PELVIC STRENGTHENING

#### Helps to Relieve Incontinence

Sit in a chair with tall, relaxed posture. Slowly and gradually contract your pelvic floor until you reach maximum strength. Then slowly return to your relaxed position.



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*Always consult your physical therapist or physician before starting exercises you are unsure of doing.*



## Patient Success Spotlight

**"They are very helpful and I know that they are interested in helping me to get better as quickly as possible. They also make sure that I know what I need to do at home to make my recovery a success."**

**– A.L.**

15 MINUTE PHYSICAL THERAPY

# CONSULTATION

**FREE** **BIG DEAL**

\* consultations do not involve a physical therapy evaluation or treatment.

Suffering from aches and pains? Give us a call to schedule an appointment today!

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