

# PREPARING FOR BIRTH

A Pelvic Floor Physical Therapist's  
Guide to a Smoother Delivery

Dr. Amanda Simmons, PT, DPT



# HI! I'M DR. AMANDA

I'm a pelvic floor physical therapist and I empower women to unleash their potential. I started Ascend Physical Therapy to help women truly experience great care where they feel seen and heard.

I have had my fair share of providers as I navigated an endometriosis diagnosis, infertility, and miscarriage. Some providers I felt like didn't listen to what I had to say at all, and others were incredibly caring and fantastic to work with. As women, historically we haven't always had the best care and have been pushed aside and dismissed too many times. I was tired of feeling dismissed and decided to provide the care I knew I deserved!

My passion is helping women overcome pelvic floor dysfunction, train for motherhood throughout pregnancy, prepare for birth, and return to running, jumping, and lifting in postpartum. I bridge the gap between pelvic floor rehab and returning to high level activities.

I have my Doctorate in Physical Therapy and am an Institute of Clinical Excellence Certified Pelvic Specialist. I have taken various continuing education courses to specialize in treating pelvic floor dysfunction in active women as well pregnant and postpartum mamas. I also work with CrossFit athletes with musculoskeletal injuries as well as on form and technique.





## I'M SO GLAD YOU ARE HERE!

I created this guide for pregnant mamas looking to prepare for a smoother delivery! There is so much information out there on what to do, but here are the basics to helping you feel more confident for when you get to welcome your baby into your arms.

This guide goes over some gentle exercises to help your body start preparing for labor and to help you mentally prepare for what is to come as well.

Even if you have felt nauseous during pregnancy or are feeling like you have no energy, these simple exercises are gentle enough that they shouldn't bother you. It is important to keep your body moving, not only will it help with aches and pains, but it will also help make delivery a little smoother.

While these exercises are gentle, everyone's pregnancy is different. It is important to make sure you listen to your body as you work through these exercises.

PLEASE reach out to me if you are interested in chatting about your unique situation, working through any complications, aches or pains as they arise, or what exercises that are safe to continue performing during pregnancy.

I offer FREE Discovery calls to discuss all of these things and give you the guidance to feel confident and prepared going into your delivery! You can schedule a call [HERE](#), or find me on Instagram @ascendptspokane.





## READ THIS FIRST!

If any of these symptoms are present, it's recommended to contact your healthcare provider or Dr. Amanda directly to determine the most appropriate steps before starting an exercise program:

- *Heaviness in Pelvis/Things Falling Out*
- *Tailbone, Low Back and/or Hip Pain*
- *Leakage with Running, Jumping, or Lifting*
- *Vaginismus*
- *Painful Sex*
- *Incontinence*
- *Painful Urination*
- *Abdominal Pain*
- *Constipation*
- *Perineal Tearing*
- *C-Section Scar Pain*
- *PCOS or Endometriosis Pain*
- *Weak Orgasms*
- *Pregnancy Related Pain*
- *Postpartum Recovery*
- *Diastasis Recti*

A lot of times people think these symptoms can be normal during pregnancy or even when you're not pregnant. I'm here to remind you that while these symptoms may be common, they are not normal and there is a lot we can do to address them. The stronger you are before and during pregnancy, generally the easier recovery is postpartum.





## DISCLAIMER

This guide is not intended to serve as medical advice. Every individual's injuries, pregnancies, birth experiences, and recoveries are unique and can vary significantly. It's crucial to consult with your healthcare provider before embarking on any exercise program. While Dr. Amanda Simmons is a physical therapist, she is not YOUR physical therapist unless you're working with her specifically. If you're interested in personalized rehab or pelvic health physical therapy, please feel free to reach out to her through the contact information provided below:

Email: [amanda@ascendptspokane.com](mailto:amanda@ascendptspokane.com)

Instagram: [@ascendptspokane](https://www.instagram.com/ascendptspokane)

Schedule a FREE Discovery Call [HERE](#)





## PREPARING FOR BIRTH

There is so much information about pregnancy and delivery, but here are some of the most important aspects I touch on with my clients when we are discussing preparing for birth.

It is important to practice these exercises leading up to delivery so that way they familiar and you feel confident with them during labor. A professional athlete wouldn't show up to competition without ever practicing! Labor and delivery are even more impressive!

These exercises can also help you mentally prepare for birth too!

We will cover the following topics in this guide:

- How to RELAX the pelvic floor
- Different positions to help facilitate labor
- How to push your baby out and reduce tearing





## HOW TO RELAX THE PELVIC FLOOR

When it comes delivering your baby, a lot of people think that their pelvic floor is going to push their baby out. This however isn't true. The pelvic floor has to RELAX and move out of the way to allow for baby to pass through. It is the uterus that contracts and pushes baby down, into, and through the pelvis.

We also want to feel safe during labor. If we don't, then our body can respond by tensing up which can lead to more pain or discomfort, and then more fear. This cycle can then be perpetuated. Wherever you choose to deliver your baby, whether at home, a birth center, or a hospital, it should be wherever you feel the safest and most relaxed.

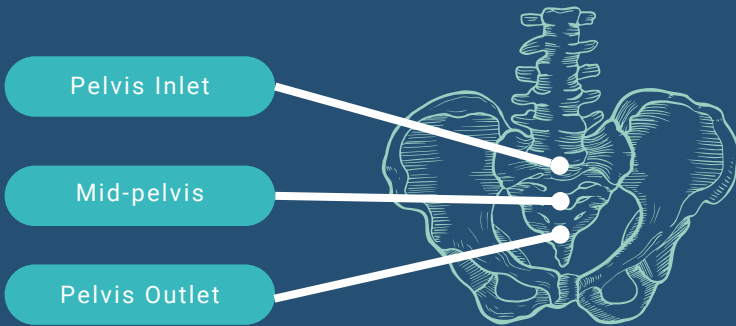
We can use our breath to help the pelvic floor relax. Check out this video to help relax your pelvic floor.

**[Video Link](#)**



## DIFFERENT POSITIONS TO HELP FACILITATE LABOR

Did you know that there are different positions during labor that can help facilitate the movement of your baby down, into and through the pelvis?



Baby knows how to move through the pelvis, and by listening to your body and instincts, you can work together with your baby to facilitate their movement through the pelvis and into your arms! Check out these videos and practice these exercises to feel confident during delivery.

**Supported Positions:** [Video Link](#)  
**Standing Positions:** [Video Link](#)







## HOW TO PUSH TO REDUCE TEARING

You hear people say “Push your baby out like your taking a number 2!” But what does that even mean? We see in movies and shows women holding their breath, and pushing until they are purple in the face.

When we hold our breath and bear down, we are putting a lot more pressure through the pelvic floor. We actually want to breathe out as we are allowing the uterus to do its job and push your baby down and out. Now don't get me wrong, there is a time and place to hold your breath and push, especially if you feel that is what your body needs, but you shouldn't be pushing like that for hours. Use gravity in upright positions to allow for baby to labor down and get closer to the pelvic outlet before pushing. Waiting until you feel intense pressure or feeling like you automatically have to push can help with fatigue. Check out the link and practice!

**Video Link**



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## CONTACT INFORMATION



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