



DEBORAH RICZO, PT, DPT, MEd
RICZO HEALTH EDUCATION

Deborah Riczo, PT, DPT, MEd has been a practicing physical therapist for over 30 years, most of which has been spent in clinical practice at MetroHealth Medical Center, Cleveland, OH. Her areas of specialty include women's health, pregnancy/postpartum, sacroiliac dysfunction, lymphedema, breast cancer and industrial rehabilitation. Deborah has been a Women's Health Section member of the APTA for over 30 years, an APTA Orthopedic section member, adjunct faculty and guest lecturer at Cleveland State University DPT program. She has presented at APTA national Combined Section Meetings, state conferences and district meetings. She is the founder of Riczo Health Education which provides courses, speakers and consulting for the health care industry. See abbreviated Curriculum vitae at www.RiczoHealthEducation.com for more detail.



RICZO HEALTH EDUCATION

is dedicated to providing innovative health care education and consulting services to health care professionals and private individuals.

PREGNANCY & POSTPARTUM Update

Presented by:
Deborah Riczo, PT, DPT, MEd.

Open to PT, PTA, OT, OTA & AT.
PT, PTA CEU approved by OPTA Board.
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Courses, speakers & consulting for the health care industry

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PREGNANCY & POSTPARTUM *Update*

LEARNING OBJECTIVES

At the completion of the seminar, participant will:

- Demonstrate an understanding of the current literature and best evidence regarding low back and pelvic girdle pain, interventions and predictors of long term disability
- Be able to identify cardiovascular considerations during pregnancy and effect on interventions.
- Be able to recognize signs and symptoms of common musculoskeletal dysfunction that occurs during pregnancy and postpartum and the anatomical changes that occur (see program description detail).
- Identify outcome tools to use with this population.
- Know what are appropriate interventions, including therapeutic exercises and guidelines for exercising during pregnancy.

PROGRAM DESCRIPTION

Low back and pelvic girdle pain during pregnancy and afterward are common global problems, affecting approximately 45% of all pregnant women. Women can be well served by their health care provider who is knowledgeable regarding common symptoms and impairments and who utilizes an evidenced based approach when developing the plan of care.

Musculoskeletal dysfunction that will be presented include: postural, round ligament, diastasis rectus abdominus (DRA), pelvic floor dysfunction, pubic symphysis dysfunction, sacroiliac dysfunction, piriformis syndrome, transient osteoporosis and coccydynia.

Current exercise guidelines and evidenced based interventions will be reviewed. Detailed case examples will be presented.



PROGRAM/COURSE SCHEDULE *(sample block) as this could be an afternoon or evening*

- 7:30 Registration
- 8:00 Introduction/literature review
LBP and pelvic girdle pain, interventions and predictors of long term disability
Cardiovascular considerations
- 8:30 Common musculoskeletal dysfunction
- 10:00 Break
- 10:15 Outcome tools and interventions: including therapeutic exercise, exercise guidelines, posture/body mechanics, low back and sacroiliac belts
- 11:15 Case examples
- 12:00 Summary/Questions and Answers

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