



Perinatal occupational therapy takes a wholistic approach that considers a mother's strengths as well as her physical, mental, and social needs. A comprehensive evaluation with a provider will determine your length, frequency, and duration of service based on your needs.



## Virtual: Perinatal Occupational Therapy

### What Areas Can Be Addressed?

- Birth Preparation
- Physical Recovery After Birth
- Pelvic Floor Conditions
- Return to Normalcy (work, exercise, social life)
- Transition to Motherhood
- Co-regulation with Baby
- Understanding and Supporting Baby's Development
- Pain Management
- Energy Conservation

### What Does an OT Session Look Like?

- 30-60 minutes
- Any activity or exercise recommended based on your needs
- Includes checking in with your successes and challenges since your previous session
- Creating a plan for your current session
- Recap at the end for goals to accomplish before your next session

### Get Started Today

**Contact your primary care provider** and ask them to send a referral for Perinatal Occupational Therapy to Nystrom or **call us directly** and we'll reach out to your doctor!