

3.625"

No Waiting

We know how valuable your time is so we make it our business to start your treatment on time, every time.

On The Doctor's Team

EMH Physical Therapy is an extension of your doctors' practice. This means that we:

- comply with your doctor's written prescription
- send timely reports to your doctor, documenting improvements in function, joint range, strength and flexibility
- contact your doctor regarding concerns or questions.

Ease of Scheduling

In order for you make the gains that your doctor expects, you may require treatment 2 to 3 times per week.



We offer early morning to late evening appointments and can preschedule the days and times that best fit your schedule.

Outside

3.6875"

Your personalized program starts with our Director, Evelyn Hecht, PT, ATC.



Her experience and knowledge help you get better faster.

- Licensed physical therapist and athletic trainer for 25 years.
- Supervises and directs care for every patient referred to EMH Physical Therapy to ensure full recovery.
- Reviews all Evaluation and Progress reports prior to sending to the physician to ensure quality communication.
- Pioneer in the treatment of pelvic floor dysfunction for women and men.
- Adjunct Clinical Instructor at NYU and Stony Brook University Doctorate of Physical Therapy programs.
- Member of many professional associations.

EMH Physical Therapy is a certified member of the Hospital for Special Surgery Rehabilitation Network.

3.6875"



Ease through Pregnancy and Recover from Delivery with **EMH Physical Therapy**



EMH PHYSICAL THERAPY
1317 THIRD AVENUE (76th St.)
212.288.2242
www.emhptnyc.com

EMH Pregnancy Brochure
4/C
Trim 11" x 8.5"
Bleed 11.25" x 8.75"

Please contact with any questions
Richard Hecht
917-658-8289

3.6875"

Inside

3.6875"

3.625"

Why choose EMH Physical Therapy?

Personalized care by a Doctor of Physical Therapy (DPT) during and after pregnancy

Your hour evaluation and each forty minute treatment session are with the same DPT from start to completion of care. She can fine tune your treatment and help you get better faster.

Your physical therapist will:

Perform safe, manual therapies to decrease muscle tension and gently mobilize restricted joints

Teach an individualized exercise program to strengthen a weak core or stretch overworked neck and back muscles

Educate on good postural/ body mechanics; for example, how to lift your baby in or out of a crib or car seat; how to sit with good support during breast or bottle feeding.

One Patient at a Time

Compared to other practices, we do not co-treat anyone while focusing on you. In our calm, attentive environment, we educate and empower you for long term relief and return to optimum function.



During Pregnancy

Prepare for labor and delivery

Instruction in a safe aerobic exercise program, breathing and relaxation techniques, perineal massage.

Strengthen the abdominals.

These muscles support the growing uterus and fetus within and protect against back pain.

Strengthen the pelvic floor.

These muscles are crucial in supporting the uterus, preventing the internal organs from falling (which can lead to involuntary loss of urine), and helping you better relax during delivery.

Prevent congestion/swelling

Positions and exercises are taught to reduce pressure on the blood supply of the legs.

Alleviate Pain

Pain from lower back, sciatica, upper back, disc herniation, carpal tunnel, and tight, achy muscles can be relieved and prevented under our expert hands and movement education.

After Pregnancy

Help your body recover from delivery

Return to your prior fitness and strength fast and safely.

Heal C-section scar

Improve scar tissue mobility; normalize skin sensation and gastrointestinal motility.

Resolve Diastasis Recti

The two bands of the center abdominal muscle group (rectus abdominus) may separate to accommodate the growth of the baby in the womb. We can teach techniques to resolve and strengthen all abdominal muscles.

Prevent Incontinence

Pelvic floor muscles return to normal strength and function.

Correct Body Mechanics

Learn how to lift, hold, and nurse your baby while avoiding injury or pain.



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