
  
**Institute for Birth Healing**

**Common Postpartum  
Patterns in the Body**

Lynn Schulte, PT  
Institute for Birth Healing, Inc



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**Lynn Schulte, PT**

- Physical Therapist for 30+ years
- Birth Healing Specialist for last decade
- Curriculum Designer and Principal Instructor at Institute for Birth Healing
- Host of annual Birth Healing Summit



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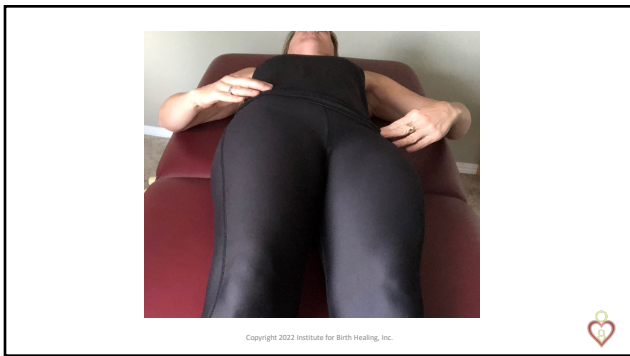
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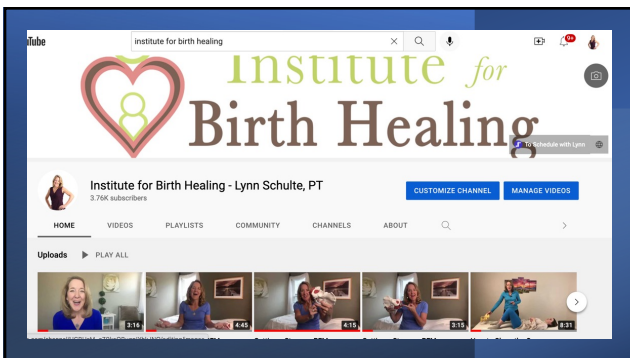
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**Institute *for*  
Birth Healing**

FOUNDED IN 2016

LIVE and ONLINE Professional Trainings for

- Bodyworkers
- Birth Professionals
- Moms/Birthing People

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BIRTH HEALING PRACTITIONER'S DIRECTORY

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**Center *for*  
Birth Healing**

Helping Moms to Prepare for and Recover After Birth



**Institute *for*  
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Educating and Empowering Birth Professionals to Better Care for Moms



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What we will cover in this course:

- The pelvic motions for birth
- What is a pattern?
- Common patterns in the postpartum pelvis
- Labor positions effect on the pelvis
- Common patterns in the body
- Intravaginal patterns after birth



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Pelvic Motions for Birth



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What we will cover:

- The pelvic mechanics to open the pelvic inlet
- Motions to open the pelvic outlet
- Key factors facilitating pelvic movements



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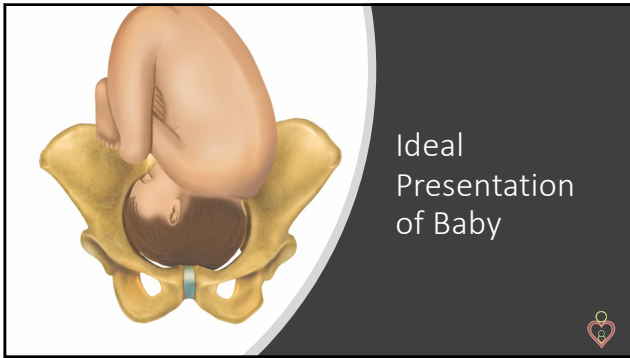
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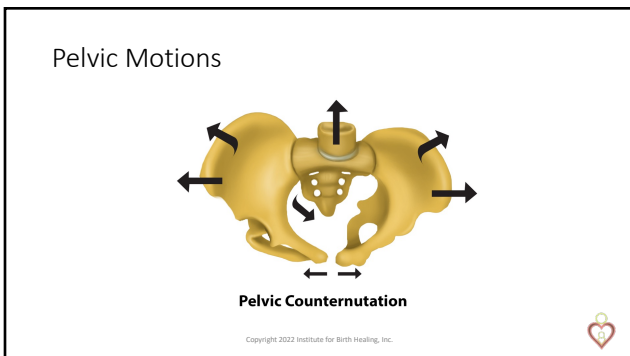
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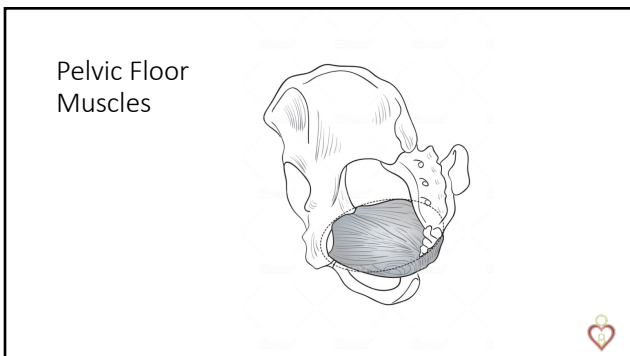
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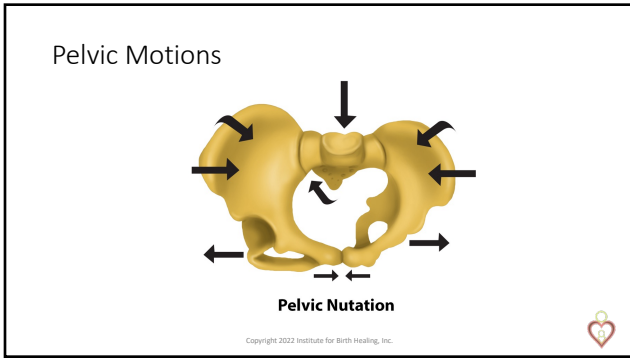
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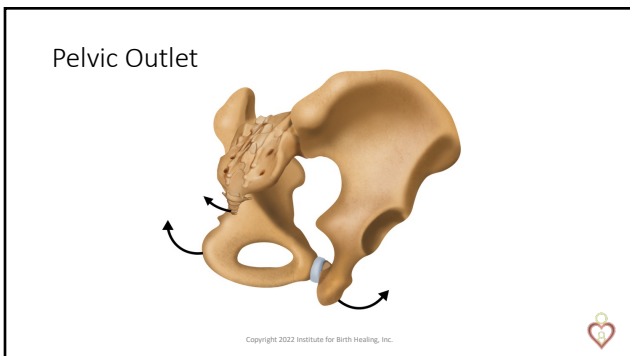
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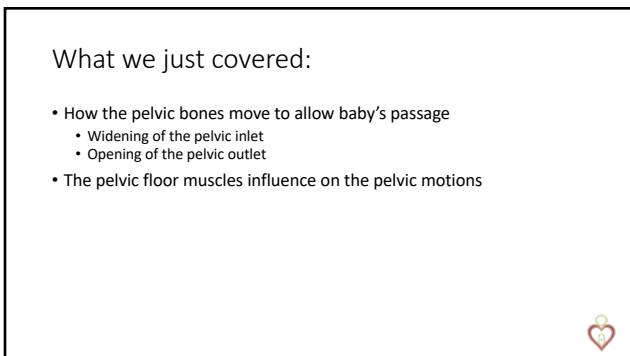
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Common Patterns in the Pelvis



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What we will cover:

- What is a pattern?
- The most common open birthing pattern in the pelvis
- Second most common pattern in the pelvis
- Effects of the open birthing pattern in the pelvis
- Different ischium splay possibilities
- Baby's effect on the pubic and rami bones



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Patterns

- A pattern is a repeated model, form or motion
- A postpartum pattern is created by the body's inability to recover naturally from birth.
- The body becomes stuck
- A restriction is created, and the body must accommodate
  - Function is diminished
- Using our anatomy and physiology of pregnancy and birth helps to identify the pattern
- Our job is to assess, treat and restore function



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### Common Open Pelvic Pattern

Signs:

- Sacral base higher on R
- Decreased motion in R SIJ
- Coccyx off to right



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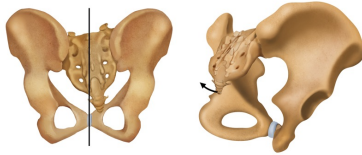
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### Common Open Pelvic Pattern

Symptoms:

- Right side low back pain
- Coccygeus tension on R
- Sitting uneven



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### Sacral Flexion Open Pattern

Signs:

- Hardness in lower third of sacrum
- Decreased mobility anteriorly
- Bilateral coccygeus tension
- Decreased mobility of ischiums



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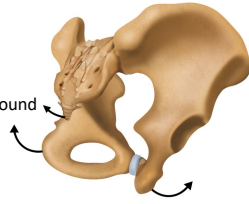
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### Sacral Flexion Open Pattern

Symptoms:

- Low back pain
- Pelvic pain
- Sitting uncomfortable
- Painful laying on back on hard ground



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### Open Birthing Pattern Issues

- Pelvic floor muscles weakness
- Potential for prolapse
- Painful intercourse
- Pelvic and low back pain
- Second pregnancy pelvic/back pain
- Sitting uneven
- Ungrounded feeling

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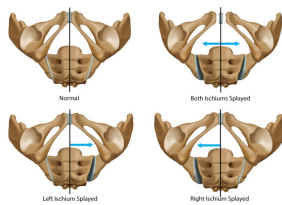
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### Splay Possibilities



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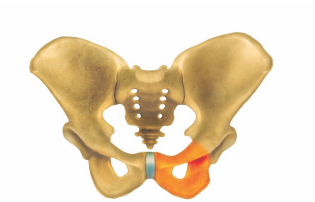
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Pubic and Rami Bone



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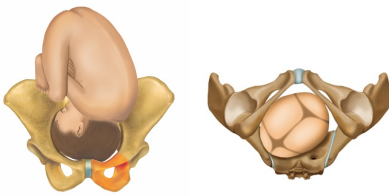
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LOA Presentation



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What we just covered:

- The two most common open patterns in the pelvis
- Effects of the open birthing pattern in the pelvis
- Different ischium splay possibilities
- Baby's effect on the pubic and rami bones



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Labor Positions Effect on the Pelvis



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What we will cover:

- Different labor positions effects on the pelvis
- Labored cesarean births effect the pelvis



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**Sidelying**  
Which side was up?  
That ischium will be more  
splayed out

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### Lithotomy

Two separate people holding legs  
Were they even?



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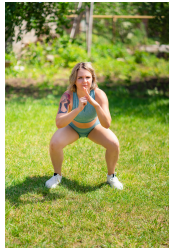
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### Squatting

Was it even?  
One leg up?



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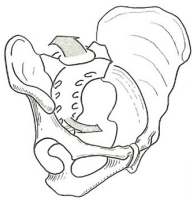
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### Labored C-Sections



- How far did baby get into pelvis?
- What pressures were put on pelvic bones?
- Widened PSIS's?
- Sacrum in Extension?

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### Cecilia: History

- 37 year old
- G3-P2
- Has a 2.5 year old and 8 month old
- Increased difficulty caring for her children
- Referred from an acupuncturist



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### Cecilia: Birth History

#### 2 Cesarean births

- First Birth 2.5 years ago
  - 36 hours of labor
  - got to 6 cm dilatation
  - ended in emergency Cesarean
  - no complaints or problems afterwards
- Second birth 8 months ago: Planned Cesarean



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### Cecilia: Primary c/o

- LBP for 2-3 months
  - worse with getting up from ground
- Pain with sit to stand
- Occasionally can't get off couch by herself
- Pain with picking up kids off floor and getting them into car seats
- Stiffness at work
- Pain is 5/10 with occasional feeling of back giving out on her



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### Cecilia: Objective Highlights

- R ischium splayed laterally
- Sacral base elevated on R side
- Coccyx off to R
- Decreased mobility in R SIJ
- PFM Internally
  - 2/5 on R, 2+/5 on L initially
  - Increased muscle tone
    - o R side LA
    - o R coccygeus
    - o EAS



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### Cecilia: Treatment

- Mobilized pelvic bones
  - Sacral traction
  - Sacral sheer
  - Rebalancing ischium and iliums
- Soft tissue mobilization to scar tissue and lower abdomen
- Internally: Schulte inter-vaginal protocol



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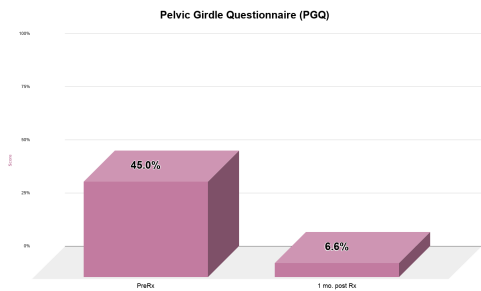
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### Cecilia: Outcome Measures



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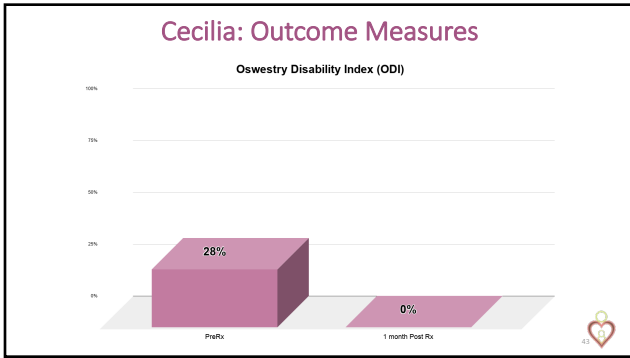
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### Cecilia: Discussion

- After pelvic mobilizations only: pt was able to get up and down from floor without any pain.
- PFM Strength increased to 3+/5 B, with less tone throughout.



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### What we just covered:

- Side lying, lithotomy and squatting position's effect on the pelvis
- How labored cesarean births effect the pelvis



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Common Patterns in the Body



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What we will cover:

- The effects of pregnancy on the rib cage and core activation
- What keeps the ribs stuck in expansion
- Two issues from stuck rib expansion
- Diastasis Recti issues



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Stuck Inhalation



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### Stuck Inhalation



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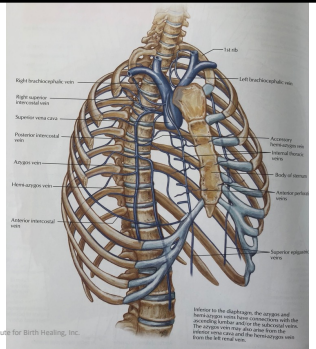
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### Rib Expansion

- Symptoms:
- Difficulty with deep breaths
  - Larger bra size



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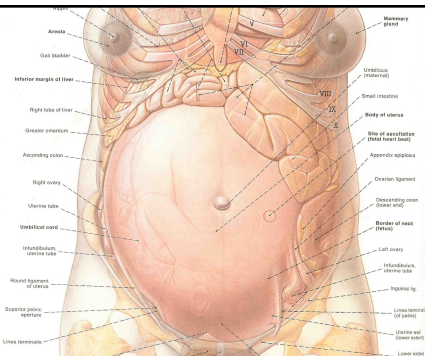
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### Difficulty with deep breaths



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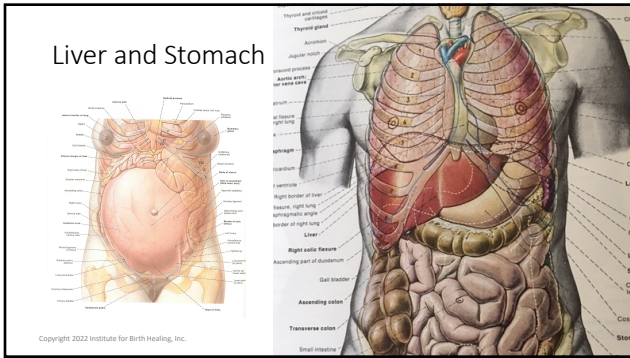
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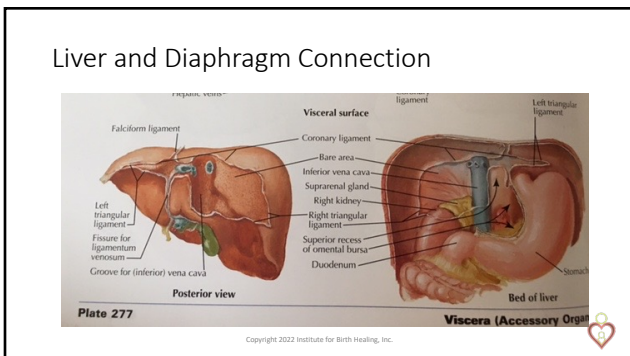
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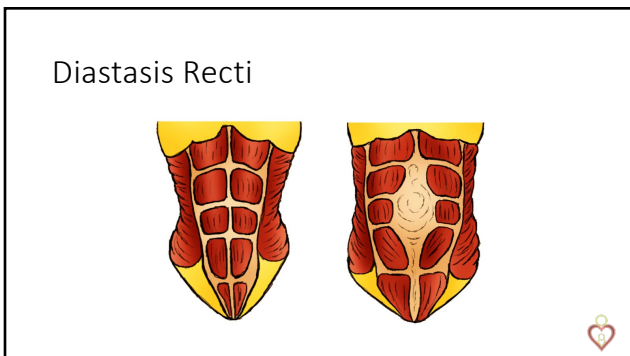
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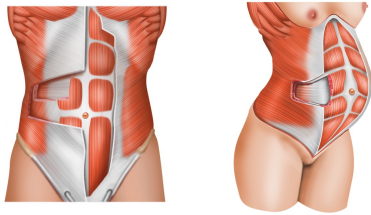
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Abdominal Muscles During Pregnancy



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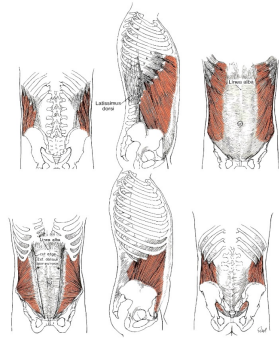
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Oblique Muscles



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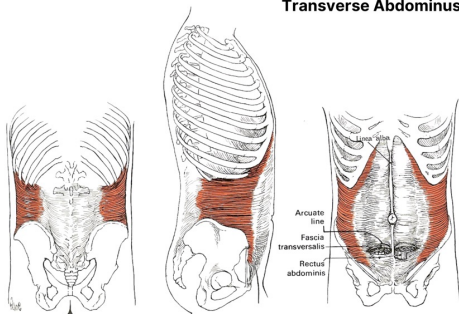
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Transverse Abdominus



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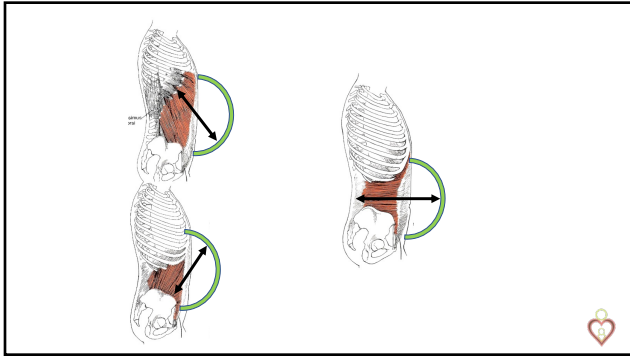
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### Postpartum Core Activation

- Overlengthened Transverse
  - Weaker
  - Doesn't stabilize as before
- Oblique Muscles
  - Over dominant trying to stabilize
- Lower belly pushes out with core activation
- Ribcage angle narrows



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### Oblique Dominance Effects

- Increased pressures down into pelvis
  - Stress Incontinence
  - Prolapse



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What we just covered:

- How the rib cage gets effected from pregnancy
- What's keeping the ribs stuck in expansion
- What is causing difficulty with breathing or bra size increases
- How pregnancy effects core activation



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Internal Patterns After Birth



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What we will cover:

- How the open birthing pattern effects the pelvic floor muscles
- Births impact on the bladder and cervix
- The pelvic floor muscle needing the most attention after birth



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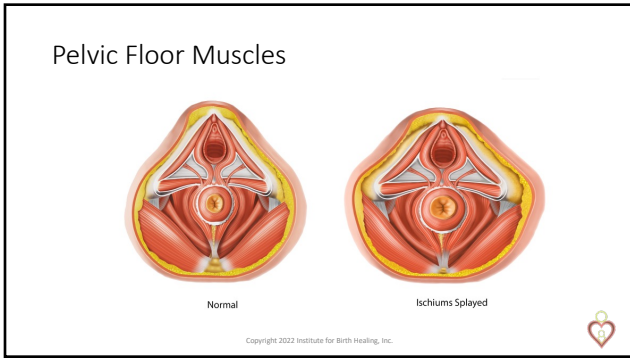
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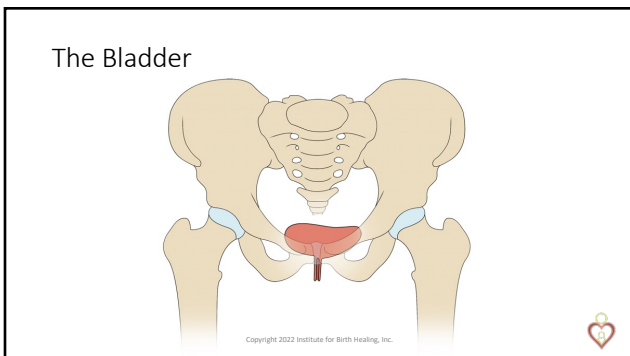
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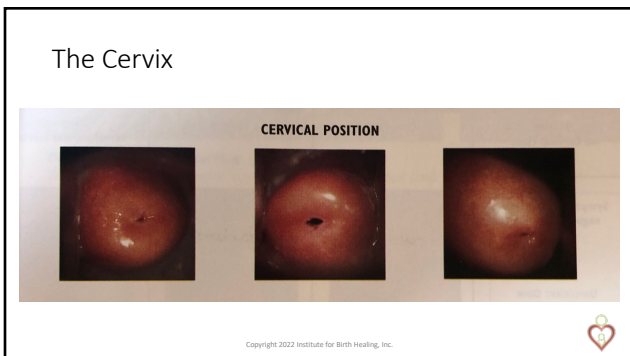
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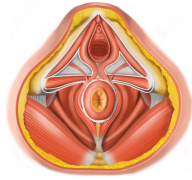
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### Anal Sphincter Complex



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### What we just covered:

- The effects of the open birthing pattern on the pelvic floor muscles
- Births impact on the bladder and cervix
- The anal sphincter complex needs attention after birth



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Thank You!

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