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# Physical Therapy for Prolapse - Expert Advice by Marianne Ryan, PT #PelvicMafia

This entry was posted on 30/08/2013 by Heather Lindley.

Today's expert #PelvicMafia tip comes from Physical Therapist Marianne Ryan, the owner of MRPT Physical Therapy and a spokesperson for the American Physical Therapy Association. Her tip today talks about the benefits of physiotherapy for prolapse, and why we should be more like the French...

## Top tip by Marianne Ryan, PT, on physiotherapy for prolapse



### "What about more physical therapy?"

"Pelvic physical therapy, which includes Kegel exercises that strengthen pelvic floor muscles, can reverse many mild cases of prolapse", but there is no mention on how pelvic physical therapy can prevent POP. There are also studies that show pelvic physical therapy can reduce the level of prolapse, for example reduce a grade 3 to a grade 2, etc.

### If pelvic physical therapy can reverse pelvic organ prolapse, why aren't women knocking down my door to get physical therapy treatment?

Why? Because I don't think we take postpartum recovery seriously in our country. Women traditionally receive excellent prenatal and obstetric care during delivery,

but postpartum care is lacking. 6 Weeks after delivery, women are usually given a pat on the back and told "good job done" and that they can resume sexual activity. What about postpartum rehabilitation? In our country women are left to fend on their own after delivery.

In other countries, such as France, they take postnatal care seriously. Did you know all French women receive free physical therapy after they give birth? I have been told by some of my patients that postpartum physical therapy is "mandatory" in France and they go for about 20 visits focusing on rehabilitating the pelvic floor and abdominal muscles after every baby they

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delivered. In a light hearted article written by Claire Lundberg, "The French Government Wants to Tone My Vagina", for Slate Magazine, Lundberg discusses the positive experience she had with the French postpartum rehabilitation program called *la rééducation périnéale* and how she was glad "a medical professional was paying attention to what happened down there."

## Marianne Ryan Biography

Marianne Ryan has been practicing for more than 30 years and is a board-certified orthopedic clinical specialist specializing in the treatment of the spine, pelvis and jaw. She has developed a hands-on patient-centered approach to treatment techniques with strong attention to individualized needs. She has extensive experience in treating prenatal and postpartum patients with particular emphasis in helping women to restore their stomachs with core exercises.

She also serves on APTA's panel of experts for high-risk pregnancies, authored the book, "The Mommy Tummy Solution," and has an active social media presence.

Marianne is frequently interviewed by publications including Red Book, FitnessMagazine, Shape Magazine, numerous internet based magazines, radio shows and has been featured in a film documentary. [@MarianneRyanPT](#)



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