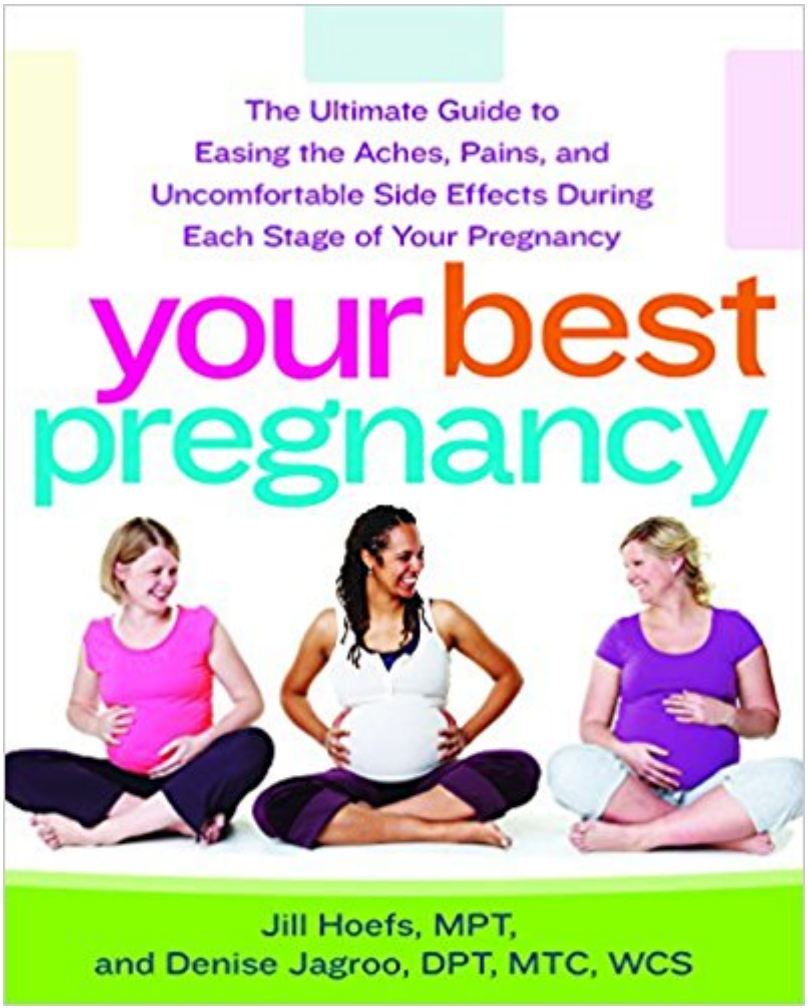
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Your Best Pregnancy: The Ultimate Guide To Easing The Aches, Pains, And Uncomfortable Side Effects During Each Stage Of Your Pregnancy




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Synopsis

" Have a safe, healthy, and comfortable pregnancy. Written by two physical therapists with over twenty years of combined experience helping women ease sore feet, aching backs, incessant peeing, and many other uncomfortable conditions, Your Best Pregnancy provides simple solutions and easy exercises to help women feel their best from head to toe. Through detailed photographs, illustrations, and down-to-earth advice that is both medically substantiated as well as easy to understand, you will learn how to: Treat the most uncomfortable symptoms during pregnancy, such as back and shoulder pain, bladder issues, night cramps, sciatica, swelling, and varicose veins. Maintain a healthy pregnancy, even while on bed rest. Correctly strengthen the pelvic floor and core to prevent diastasis recti. Nurse, lift, and care for a baby (or babies) using proper body mechanics to avoid strain and injury. Your Best Pregnancy is fun, interesting, and supportive. It feels like sitting down with a knowledgeable and trusted friend to talk about all the challenging and usually-not-discussed issues of pregnancy. We keep a copy at our practice to offer advice to patients. Ã¢Ë†Å¡ÃƒÂ MARC LEVIN, MD, FAMILY PHYSICIAN, MATERNITY CARE COORDINATOR, INSTITUTE FOR FAMILY HEALTH "A must read if you’re pregnant or just had a baby and wonder why your body feels the way it does!... A perfect go-to book for every pregnant woman, whether it’s your first or fourth pregnancy. Ã¢Ë†Å¡ÃƒÂ STACEY J. FUTTERMAN, PT, MPT, WCS, BCB-PMD, OWNER OF 5 POINT PHYSICAL THERAPY PLLC IN NEW YORK CITY Your Best Pregnancy is like having two best friends on speed dial who just happen to also be physical therapists, and in Hoefs’ case, an experienced mom. They give new and professional mothers the scoop on all things health, with an approachable helping of medical knowledge and a touch of sass. Ã¢Ë†Å¡ÃƒÂ LESLIE GOLDMAN, MPH, WOMEN’S HEALTH WRITER, LESLIEGOLDMANWRITES.COM "

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Customer Reviews

Denise Jagroo, PT, DPT, MTC, WCS is a physical therapist certified in pelvic physical therapy and manual therapy, and is one of 150 Board Certified Women's Health specialists in the country. She established the pelvic rehabilitation clinic at the Manhattan Veteran's Hospital and is in private practice in Manhattan and Staten Island. Dr. Jagroo speaks about pelvic health in lectures and conferences around the country.Jill Hoefs, MPT is a certified physical therapist with special interests in ergonomics, sports medicine, and women's health. She is also a licensed instructor in the Tupler Technique, a non-surgical program to help restore the abdominal wall after pregnancy, surgery, or rapid weight gain. Dr. Hoefs is the founder of Body Align Physical Therapy in Manhattan.

This is a fantastic book. Easy to follow text, clear pictures, and funny little tidbits to get you through. These authors have a lot of experience with their patients and selves. It should be in OBs and midwives offices, birth center, or where ever pregnant ladies hang! Get this book!

Extremely helpful book throughout pregnancy. Highly recommend.

Best book ever. Authors touch every aspect of pregnancy and after care. Great tips, easy read--a must for all expectant parents!

I cannot recommend this book enough!!! I am a patient of Denise JagrooÃƒÂ¢Ã â ¬Ã â„¢s and can tell you that she is an absolute life saver! I was in constant pain for 9 months. I went to see doctors and ÃƒÂ¢Ã â ¬Ã Å“specialistsÃƒÂ¢Ã â ¬Ã Â• all over New York City at all the top hospitals and no one was able to help with my pain. I was referred to Denise Jagroo and within 3-4 visits- the pain I was experiencing for 9 whole months STOPPED!! Not only did she help me with my pain and made me feel comfortable, but her vibrant positive personality was a true pleasure to be around. Denise is a wonderful person who helped me through the most painful time in my life and I will forever be thankful for this. I call her my ÃƒÂ¢Ã â ¬Ã Å“GWÃƒÂ¢Ã â ¬Ã Â• because she fixed me and I hope others will read this book and/or experience her ability to help you life a better and

pain-free life.I have purchased her book for all my pregnant friends/family and new moms because I believe that this is the best gift you can give! With this knowledge- women can prevent possible health issues and stop current ones.Thank you GW for helping me live a pain-free life again!

This book helped me stay fit (the right way!) during my second pregnancy. I had been lifting light weights and getting up from the lifting bench incorrectly when I learned the proper way to avoid diastasis recti from this book. It was also helpful after deliveryÃƒÂ¢Ã â ¬Ã â •I wanted to gradually transition back into exercising; strengthening my pelvic floor was a good place to start. The book has helpful photos, is written in an upbeat, friendly manner, and the authors are experts in their field. Highly recommended!

This book has been an excellent resource for me during my second pregnancy. There are many things this go round that I didn't experience with my first pregnancy. Every pregnancy really is different! For many pregnancy ailments you could spend hours "researching" on google and still not find a great solution. This book covers so many issues and gives great advice and solutions that work. I highly recommend this book to all my preggo friends and family!

"Your Best Pregnancy" is a very thorough and easy to read book that can help guide you through every stage of pregnancy,. Everything you need and want to know but are afraid to ask is addressed and explained, from dealing with aches and pains to maintaining your health. There are even tips for nursing and caring for the baby after birth. The pictures are also a big help, showing you as well as telling you what they're talking about. This is the book that I wish I had while pregnant with my daughter 15 years ago. As a certified fitness professional, I recommend "Your Best Pregnancy" to every pregnant woman I meet at the gym who needs advice or guidance. Highly recommended!

I got this book after seeing copies in the waiting room at both my acupuncturist and OB's offices. The exercises were not only tremendously helpful for my various aches and pains during pregnancy, but I keep coming back to them now postpartum and will for years to come. They can help anyone, not just pregnant women, with a wide variety of ailments, from neck pain to sacrum instability. But there is also a deep understanding of the pregnant body and challenges women often face. Highly recommended.

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