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# Obstetric and Gynecologic Care in Physical Therapy, 2E

By Rebecca G. Stephenson, Linda J. O'Connor



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**Obstetric and Gynecologic Care in Physical Therapy, Second Edition** is a definitive text on women's health. Designed for the physical therapist in OB/GYN, this edition covers recent changes in the field of physical therapy as it pertains to the treatment of women.

The three sections of the text describe the foundation for physical therapy practice in women's health and the role of the physical therapist in gynecologic and obstetric care, respectively. Chapters have been updated, streamlined and reorganized, as well as expanded to reflect the evolution of this specialty practice. Chapters cover topics on women's health care in physical therapy, anatomical considerations, maternal physiology, and postpartum care. There are also new chapters on special pregnancies (including high risk and women with chronic illness and disabilities), evaluation and treatment of pelvic floor dysfunction, and on the aging female's needs.

**Obstetric and Gynecological Care in Physical Therapy, Second Edition**, can be used as an introduction to the field for students and clinicians unfamiliar with obstetric and gynecology practice, as well as a resource to initiate practice in the field for the experienced clinician. With a greatly expanded glossary, tables, illustrations, case studies, product information and resource appendix, and chapter self-assessment quizzes, **Obstetric and Gynecologic Care in Physical Therapy, Second Edition** is essential for all physical therapists involved with the evaluation and treatment of women.



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## **Editorial Review**

### **Review**

"This is a wonderfully authored text. The material is presented in a clear and concise manner, and is very readable."

— Jennifer Bottomley, PhD<sup>2</sup>, MS, PT, *Geriatric Rehabilitation Program Consultant, Wayland, MA*

"...it is comprehensive, thorough, and will make a valuable addition to the physical therapists' professional library."

— Cathleen Blatchly, MS, PT, NCS, *Woodcounty County Hospital-Physical Therapy, Bowling Green, OH*

"I found this book to progress in a logical fashion. I believe that I will make reference to this text on many occasions."

— Kellie Plant, MSPT, *Journal of the Section on Women's Health*

### **About the Author**

*Rebecca G. Stephenson, BS, PT*, received her physical therapy degree from Boston University in 1974. She is also a certified childbirth educator and medical writer, member of the American Physical Therapy Association and its Section on Women's Health, and of the American Medical Writers Association.

She has practiced in diverse environments including rehabilitation, outpatient clinics, school settings, nursing homes, a residential care facility, and private practice. She has taught early pregnancy classes and currently lectures nationally on topics of women's health. As a medical writer, Rebecca co-authored the first edition of *Obstetric and Gynecologic Care in Physical Therapy*, has been a journal abstractor of the *Physical Therapy Journal*, a past book editor for the *Journal of Obstetric and Gynecologic Physical Therapy* (currently the *Journal of the Section on Women's Health of the American Physical Therapy Association*), and is now a products editor for the *Journal of the Section on Women's Health*. She has written for print-and web-based publications.

She created the video *Back Care in Pregnancy* and has been a consultant for other video productions. She was secretary for the Section on Women's Health and is currently secretary for the International Organization of Physical Therapists in Women's Health, a sub-group of the World Confederation of Physical Therapy. Rebecca was awarded the Section on Women's Health of the American Physical Therapy Association highest honor, the Elizabeth Nobel award, for contributions to the field of women's health. She practices women's health and adult and pediatric rehabilitation as senior clinical therapist in the outpatient clinic at Dedham Medical Associates and in private practice in Medfield, Massachusetts.

*Linda J. O'Connor, MS, PT*, received her physical therapy degree from the University of California, San Francisco, in 1974. Since then she has practiced in a variety of settings, including obstetric and gynecology clinics, private homes, skilled nursing facilities, school districts, residential care facilities, hospitals, and

outpatient facilities. She has taught childbirth education, mother-infant exercise, and early pregnancy classes for over 15 years, intertwining teaching with independent contracting and private practice in pediatrics, geriatrics, and women's health care. As part of her interest in women's health care, Linda was editor of the *Bulletin of the Section of Obstetrics and Gynecology of the American Physical Therapy Association* (later the *Journal of Obstetric and Gynecologic Physical Therapy*) and the *Journal of the Section on Women's Health of the American Physical Therapy Association* for 15 years. The role of editor, combined with an interest in journalism and writing, led to the completion of her master's degree in mass communications in 1990. While working on her master's degree, Linda co-authored the first edition of *Obstetric and Gynecologic Care in Physical Therapy*, reviewed manuscripts and books for the journal *Physical Therapy*, and had several articles published in parenting, nursing, and childbirth education publications. She also worked on a variety of media projects while working as a medical writer for a major pharmaceutical firm. Linda currently practices in pediatric home health, adult and pediatric outpatient and community care for Easter Seals Bay Area, and in pediatrics through various school districts.

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