

TITLE : Weight Loss Protocols in Young Mothers Using Non – Surgical Weight Loss procedures and Core Strengthening exercises.

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Gestational period is the most important phase in an woman's life during which the body undergoes many changes due to hormonal interactions to accommodate the growing foetus. Weight gain and increase in waist circumference along with changes in abdominal musculature are more common resulting in increased lordotic curve of lumbar spine. There could be an overall weight gain of around 10 – 14 kg distributed throughout the body, of which an young mother tends to lose 50-70% in the 1st year of child birth.

The different weight loss protocols to be followed depends on weight distribution over the body, lumbar lordosis, presence of Diastasis recti, whether the patient has any associated health issues in pre-natal, peri-natal, post-partum periods including current medical history is also to be considered, along with other factors such as the type of delivery, that is the patient has undergone C-section or vaginal delivery of the baby; if delivered off the baby through C-section; the level of scar, healing process and whether that woman is nursing her child or not, presence of pelvic floor dysfunction

etc., should be taken into consideration before planning any treatment protocols, as the prevailing medical conditions decides the nature & demands of treatment and its outcomes or response to the procedures.

Depending on the assessment and evaluation different combinations of treatment protocols are adviced and closely monitored for the initial sessions and the progression of the patient's condition is re-assessed periodically. The different treatment protocols include, post-natal care, Active exercises, core strengthening along with pelvic bridging and pelvic floor exercises in the initial days, later progressing to intervention of other physiotherapeutics including "Electrical Muscle Stimulator", Cavi-lipolysis, Laser Lipolysis, Massage therapy for relaxation, lymphatic drainage and scratissue mobilization and Infra Red Radiation for muscle relaxation and for enhancing blood circulation, which removes pain substance from the site and there by attaining pain relief. These protocols are used in different combinations depending on the patient's medical conditions. Every person is unique in his body response, demands and the prevailing medical conditions. So, need to focus on the contributing factors of obesity and muscle laxity of both abdominal musculature and core muscles. Detailed assessment and evaluation has to be made before planning the treatment protocols and closely monitored as well as re-assessed periodically to achieve the desired outcomes of the treatment in terms of improvement in medical condition as well as attaining individual demands of the patient. These treatment protocols should be given along with balanced diet, lifestyle modification including embarking on active lifestyle with at least 20 minutes of physical activity per day and psychological counselling for post-partum depression, if present. This combined approach is called "Comprehensive approach in conservative management of obesity non-surgical."

KEYWORDS:

Pre-natal, peri-natal, post-partum, C-Section, vaginal delivery, Diastasis Recti, EMS, IRR, Massage Therapy, Cavi-lipolysis, laser lipolysis, Core-strengthening exercises.

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BIOGRAPHY :

Dr. V.V. Manjula Kumari, PHd(HC) has completed her master's in physiotherapy (Sports & Musculoskeletal) from Dr. NTR University of Health Sciences, Vijayawada ,Andhra Pradesh. India; currently she is working as "Senior Physiotherapist and Director" to "KIITES Slimming, Physiotherapy and Cosmetology Clinics; Guntur – India. She has 15 yrs, of clinical experience and has developed an innovative concept of "Comprehensive approach in conservative management of obesity non-surgical" by which she has treated 7500+obese patients successfully in a single clinic in 5 years 8 months for which she has achieved 3 world records in the categories of "First – of – its Kind" and "Highest" number of patients treated. She has also been awarded with many national and international awards along with an Honorary Doctorate from Swahili University, PANAMA.