



Enhanced Recovery and Wellness

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Enhanced Recovery and Wellness, LLC

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Enhanced Recovery After Delivery™

Our Vision

Every family will have access to rehabilitation therapy during high-risk pregnancy *and* immediately after birth in the hospital *and* home to improve mental *and* physical function

Enhanced Recovery and Wellness, LLC is a women's health rehabilitation practice and continuing education provider. Our evidence-informed pathway, **Enhanced Recovery After Delivery™** maximizes pregnancy and postpartum outcomes with occupational and physical therapy before and immediately after childbirth in the hospital and home settings.



Obstetrics Rehab Training Meets Requirements For:

- DPT, tDPT, PTA, OTD, OT, COTA Education
- Curriculum: obstetrics medical and surgical conditions, psychological and social determinants of health, differential diagnosis
- Culturally responsive pedagogy: professional ethics and values, interprofessional communication, and patient-centered care

Distinctions

- AOTA Approved Continuing Education Provider; ABPTS-Certified Instructors
- Differentiators: acute rehabilitation service expansion and delivery in maternal health



ERAD

Enhanced Recovery After Delivery™





Enhanced Recovery and Wellness

Our clinicians **excel** in acute care obstetrics rehab and client satisfaction by fostering a culture that prioritizes maternal function and health equity

We Prepare Clinicians to Provide Timely Services

- High-risk pregnancy rehab
- Obstetric critical care
- Perinatal cardiac and pulmonary impairments
- Maternal hypertensive disorders
- Obstetric musculoskeletal and neuropathy impairments
- Cesarean section recovery and wound protection
- Function after perinatal loss



Clinicians Trained at over 80+ Maternity Hospitals

- Sentara Health: 8 facilities, VA
- Summa Health Systems, OH
- UCHHealth facilities, CO
- Indiana University Health, IN
- Androscoggin Valley Hospital, NH
- WVU Medicine, WV
- Knox Community Hospital, OH
- Women & Infants Hospital, RI
- WakeMed, NC
- Intermountain Healthcare, UT
- New York Presbyterian, NY

The Experience



I believe that this course delivered on everything that it said it would. I feel so much more prepared in starting a program on our LRDP unit. The information and exercises provided are easy to follow and perfect to hand out to patients.

- Physical Therapist, The Guthrie Clinic, NY



Enhanced Recovery After Delivery™

I love this course and this area of practice for OT / PT. I strongly believe that we will be an integral part of the postpartum process in acute care and the first 6 weeks postpartum once we start implementing this program throughout the U.S. The value of this program to mothers, children, families, and society is unmeasurable. Mothers need to be taught how to thrive; barely surviving is not good enough.

- Occupational Therapist, St. Clair Health, PA

I found out that the vision I had has been adopted within the hospital system where I worked. They have implemented the acute postpartum C-section protocol including an automatic PT referral to eval and treat POD 1. They are in the process of hiring an OT and adding automatic OT orders to evaluate and treat POD 1 as well. I'm grateful to the authors of the ERAD program and grateful for all of you who work together toward the collective mission to improve maternal health outcomes.

- Physical Therapist, WakeMed, NC

