



Enhanced Recovery After Delivery™

Our Vision

Occupational and physical therapy will be standard of care before and after birth to optimize mental and physical function around the globe.

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Enhanced Recovery and Wellness, LLC is a specialized physical therapy 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 birth in hospital and home settings.



Obstetrics Rehab Training Meets Requirements For:

- DPT, tDPT, PTA, OTD, OT, COTA Programs
- Required content representing psychosocial aspects of health and disability, system interactions, medical and surgical conditions, differential diagnosis
- Professional Ethics, Values, and Responsibilities
- Interprofessional Communication
- Health Promotion and Prevention

Distinctions

- ABPTS-Certified Instructors



Enhanced Recovery After Delivery™





Enhanced Recovery and Wellness

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

We Prepare Students 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



Prior Students Work At These and Other Institutions

- El Camino Health, CA
- Boulder Community Health, CO
- UCHealth, CO
- Indiana University Health, IN
- Indiana University Health, IN
- Guthrie, NY
- Women & Infants, RI
- Baptist Health System, TX
- 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



I thoroughly enjoyed this course!! It provided me with increased confidence to treat these obstetric patients. I was supercharged when I got back to the hospital with identifying patients that could benefit from my services. I was able to justify with the nurses and with the residents, why they should put in a consult for these patients.

- Physical Therapist, Women and Infants Hospital, RI



Enhanced Recovery After Delivery™

This was a wonderful class and I feel prepared to present and discuss with OBGYN's and their team the need for more rehabilitation support on the WIC floor at my hospital. This is exactly what I have been looking for in a class!

- Physical Therapist, Aspirus Health, WI

