



# Physical Therapy *for Expectant and Postpartum* Mothers

**Pain** in the lower back area is one of the most common complaints among pregnant women. This discomfort can severely hinder a woman's quality of life, and may lead to longer-term issues that remain after childbirth.



Watson Clinic is pleased to offer the services of **Esther Spence**, a licensed physical therapist who is specially trained in the treatment of pregnant and postpartum women who suffer from low back pain and compromised core strength.

**Esther Spence** works alongside the patient to address debilitating lower back pain and diastasis recti through education, specially targeted exercise therapies, and the use of additional tools such as a **Pilates reformer**.

Meanwhile, she also provides therapies that can help women ensure a stronger abdominal wall prior to and during pregnancy. By strengthening the core, women can enjoy swifter physical recovery following childbirth.

**WATSON CLINIC** LLP  
*Physical Therapy & Sports Medicine*

Appointments Now Available with Physician Referral  
**863-607-3739 | [www.WatsonClinic.com](http://www.WatsonClinic.com)**

# Physical Therapy *for* Expectant Mothers



**Esther Spence, PT**

## **Esther Spence,**

a licensed physical therapist in south Lakeland, is pleased to offer physical therapies for pregnant and postpartum women who experience low back pain and weakened core strength.

### **EDUCATION**

- Florida Southern College, Lakeland, FL, BS, Biology
- University of South Florida, Tampa, FL, MS, Physical Therapy

### **PROFESSIONAL ACTIVITIES & MEMBERSHIPS**

- Licensed Physical Therapist
- Certified in Instructional Pilates

**WATSON CLINIC** LLP  
*Physical Therapy & Sports Medicine*

#### **Watson Clinic Highlands**

2300 E. County Rd. 540A | Lakeland, FL 33813

#### **Watson Clinic Center for Specialized Rehabilitation**

2190 E. County Rd. 540A | Lakeland, FL 33813

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