

2025-2026 Kaiser Permanente Spine Fellows Present:

Pregnancy and Postpartum Related Low Back and Pelvic Pain



Date: Saturday, February 7, 2026

Location: 6041 Cadillac Ave, Los Angeles, CA 90034

Registration Fee

\$25

Course Objectives

- Establish relevant biological and physiological changes that may contribute to pregnancy and postpartum related low back and pelvic pain
- Safely identify, assess, and treat musculoskeletal impairments within context of pregnancy and postpartum related changes
- Provide exercise guidelines, contraindications, and warning signs based on ACOG recommendations in the antepartum population
- Analyze and educate on body mechanics related to newborn caregiver roles in the postpartum population

Course Outline

8:00-8:30am: Introduction

8:30-9:00am: Pregnancy Related Anatomical Changes

9:00-9:45am: Trimester 1 and 2

9:45-10:00am: Break

10:00-10:45am: Trimester 3 and Post Partum

10:45-11:00am: Break

11:00-12:00pm: Objective Measures

12:00-1:00pm: Lunch

1:00-2:30pm: Treatment

2:30-3:00pm: Q&A

Presented by:

Caroline Bao, PT, DPT, OCS

Clarissa Briones, PT, DPT

Hugo Delgado, PT, DPT, OCS

Cortez Espinoza, PT, DPT, OCS

Ben Garson, PT, DPT, OCS

Jon Hinich, PT, DPT, OCS

Sidney Ortega, PT, DPT, OCS

Questions? Please Contact:

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Contact Hours/CEU

There are 5.5 contact hours
(0.55 CEUs) earned by
attending this presentation

