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Connecting Care: Telerehabilitation as a Lifeline for New Mothers Balancing Baby Care and Recovery

Abstract:

The postpartum period is a critical phase in a woman's life, marked by significant physical, emotional, and psychological changes. It is common for new mothers to have difficulty balancing their own recovery with the demanding responsibilities of caring for their children, which can compromise their health and delay rehabilitation. Traditional in-person rehabilitation programs, though effective, are often inaccessible due to time constraints, mobility challenges, and lack of social or familial support. Telerehabilitation, which makes use of digital technology to deliver individualized therapeutic interventions remotely, emerges as a revolutionary strategy in this setting. This study explores the role of telerehabilitation as a lifeline for new mothers, examining its effectiveness, accessibility, and impact on postnatal recovery outcomes. A sample of postpartum women who attended structured online rehabilitation sessions were the subject of the descriptive and analytical research design. Data were collected through digital surveys and feedback forms, and analyzed using descriptive and inferential statistics. The findings reveal that telerehabilitation significantly improves physical recovery, enhances emotional well-being, and offers greater convenience compared to traditional rehabilitation methods. Moreover, participants reported increased motivation and satisfaction due to flexible scheduling and continuous virtual support. However, issues like a lack of digital literacy, a lack of network connectivity, and a reluctance to start using technology were also identified. Telerehabilitation has great potential as a long-term, all-inclusive model for maternal healthcare, according to the study. Integrating such digital rehabilitation systems into mainstream postnatal care can bridge accessibility gaps, promote holistic recovery, and empower mothers to maintain both self-care and infant care effectively in a digitally connected world.

Biography

Sri Valli Chekuri is a licensed Physical Therapist in the U.S. (Texas) and a Registered Physiotherapist in Canada. She holds a Doctor of Physical Therapy degree from Northeastern University and a Master's in Exercise Physiology from Wichita State University. Her extensive experience spans home health, skilled nursing, and outpatient settings, with a specialization in rehabilitation for geriatric patients and individuals with complex medical conditions such as stroke, Parkinson's disease, dementia, and joint replacements. She has also gained valuable experience working in a sports clinic in Canada, where she treated athletes and active individuals. Deeply passionate about patient-centered care, Dr. Chekuri combines clinical expertise with empathy and currently serves as a Study Buddy Mentor, supporting future Physical Therapists in their preparation for the NPTE.