

Moving Women to Take **CONTROL!** After Childbirth: Applying the Model of Human Occupation (MOHO) With Postpartum Mothers in Indiana

Presented by Tara Galles MS, OTR, owner of

 **You're In CONTROL!**

Women's Health Therapy and Fitness

Kokomo, Indiana



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For This Presentation:

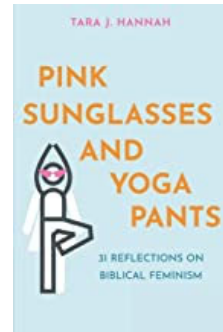
- All names in case studies have been changed to protect privacy.
- All images are shared with permission.
- The words “Women” and “Mothers” refer to biological females
- Pronouns for “Women” and “Mothers” will be she/her/hers
- Works cited in APA
- Use the chat box
- Differing kinds of mothers
- Intersection of other health and occupational influences
- Thank you IOTA



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Hi! I'm Tara Galles MS, OTR—You may call me Tara (pronouns she/her)

- Practiced in Kokomo, IN over 20 years
- University of Indianapolis Alumni
- AKA Tara Asaad and Tara J. Hannah



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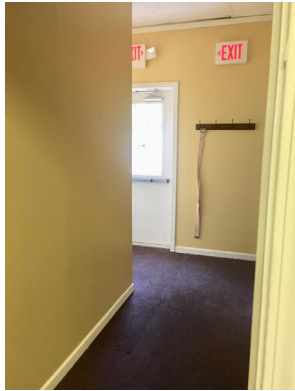
We Move Women to Take **CONTROL!** of their bodies *and feel like a natural woman again...*



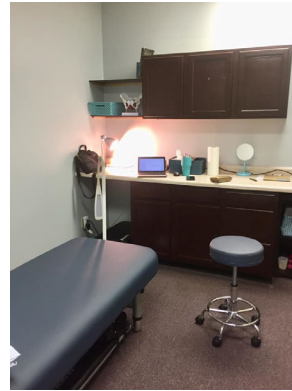
4

Opened my clinic *You're in CONTROL!* in 2019

Waiting Room



Treatment Room



5

The day I stopped drinking Diet Coke



6

You're in **CONTROL!** in 2021

Gym 1



Gym 2



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Take **CONTROL!** of Your Body After Childbirth

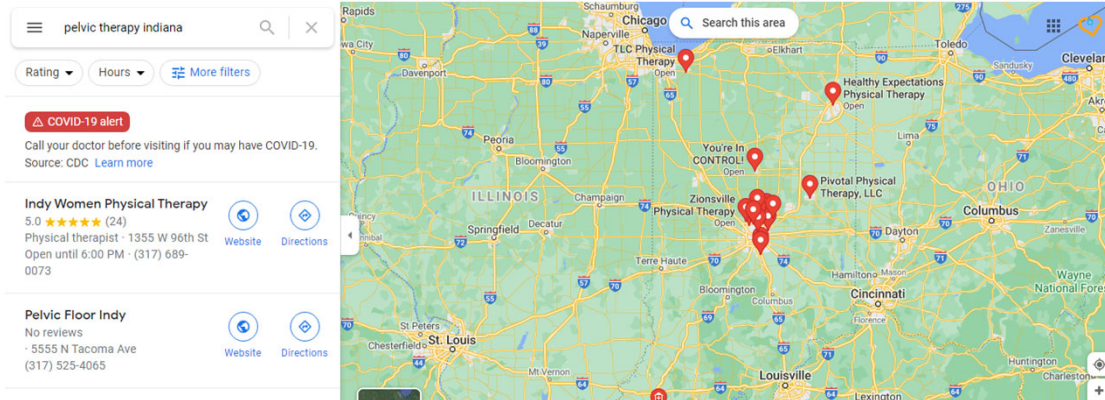
- <https://www.youtube.com/watch?v=57Ef0sQ3smk> or
- <http://www.youreincontrol.org/en/rehabilitation-for-women/what-we-rehab/postpartum-issues.html>

Your 
Thoughts



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Map of Pelvic Therapist Google Search November 16, 2021



Hoosier Moms

