



The Optimizing Postpartum Outcomes Act

Sens. Lisa Blunt Rochester (D-DE) and Dan Sullivan (R-AK)

Endorsed by: American Physical Therapy Association (APTA), APTA Academy of Pelvic Health, Bayhealth Medical Center

Background

Pelvic health physical therapy is a valuable tool for postpartum recovery. It can help with muscle control, tissue repair, and healing internal portions of cesarean section scars. However, many mothers lack access to pelvic health physical therapy and are unaware of its benefits. Even some health care providers may not understand the importance of pelvic health physical therapy in the postpartum period. This can lead to delays in, or even an absence of, proper postpartum care, which can have lifelong negative effects for mothers.

Bill Summary

The *Optimizing Postpartum Outcomes Act* seeks to improve Medicaid coverage for pelvic physical therapy and raise awareness among providers and patients about the benefits of this form of treatment. Specifically, the bill will:

- Require the Centers for Medicare & Medicaid Services (CMS) to issue guidance on coverage under Medicaid and CHIP for postpartum pelvic physical therapy.
- Instruct the Government Accountability Office (GAO) to conduct a study on pelvic health programs and gaps in coverage for postpartum women.
- Require the Secretary of Health and Human Services (HHS) to conduct a campaign to educate and train health professionals on the benefits of pelvic physical therapy, as well as educate postpartum women on the importance of pelvic physical therapy and how to receive these services.

For questions or to cosponsor, please contact Grace Scott (grace_scott@bluntrochester.senate.gov) and Amber Ray (amber_ray@bluntrochester.senate.gov) in Sen. Blunt Rochester's office or Sara Berkemeier-Bell (sara_berkemeier-bell@sullivan.senate.gov) in Sen. Sullivan's office.