

BACK AND JOINT PAIN

Back/SIJ pain is very common during pregnancy due to the major changes that occur within your body both physically and hormonally. Relaxin increases the stretchiness of your ligaments and can contribute to joint pain; stretched muscles don't support the pelvis as well as they used to.

TREATMENT is often as simple some trigger point massage, modified stretches and education in the use of your stability (core) muscles. Sometimes taping or pelvic belts are needed.

AFTER baby arrives it is essential to regain control of your pelvic floor and core muscles.



FEES:

6wk Course \$210.00

6 x 45min classes at \$35.00
each class

Individual consultation \$75.00

*Health fund rebates
available*

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Blooming Bellies

PHYSIOTHERAPY FOR
PREGNANCY AND BEYOND



BUDERIM MAROOCHYDORE NAMBOUR
Sports & Spinal
PHYSIOTHERAPY CENTRES

Blooming Bellies

“Blooming Bellies” exercise and education is a six week course designed especially for pregnancy and childbirth.

Each class addresses a specific pregnancy related issue and helps you prepare for childbirth (and beyond!)

Exercise is blended with education to give you a better understanding of your body and how to keep ‘pregnant fit’ and ‘birth fit’.

Topics covered in the six week course include:

- Pain relieving techniques for pregnancy
- Posture
- The importance of core stability and correct pelvic floor exercises
- Coping with labour pain, learning that it is a healthy pain
- Exercise guidelines for pregnancy

Each session also involves relevant exercises and and each week you will go home with a detailed handout of exercises and topics covered.

“You will learn to work WITH your body; coping techniques for birth and strategies for an active birth”

Follow up...

Postnatal follow-up is really important to check that you are re-activating the ‘core and floor’ correctly, especially in the early post natal days when you are busy lifting and carrying whilst your body recovers.



PELVIC FLOOR

No other stage of life stresses the pelvic floor more than pregnancy and childbirth.

Even caesarian births affect the pelvic floor as it still stretches and bears the weight of the pregnant uterus for 9 months.

Maintaining pelvic floor fitness through pregnancy, birth and postnatally is essential.

OTHER MUSCLES

Abdominal muscle separation is common in later pregnancy. This is normal but special care needs to be taken to ensure that we protect them and give them the best chance of recovery afterwards.



Fiona Rogers

Physiotherapist, and mother of two, has developed expertise in treating all Women's Health and pregnancy related conditions.