

Antenatal & Postnatal Care

Wellness
FOR WOMEN

Information Sheet

The **childbearing year** is a time that the female body undergoes many changes. A women's health physiotherapist may be able to help you with these changes, and recovery both antenatally and postnatally.

Antenatal care

- Our physiotherapists assess and treat all pregnancy-related musculoskeletal conditions such as pelvic girdle, pubic pain, back pain and any wrist/hand conditions. Treatment can involve hands-on therapy, activity modifications, bracing or splinting and prescription of home exercises.
- Treatment also involves assessment and management of the pelvic floor using real time ultrasound, even for women who have no incontinence but want to make sure they are doing their exercises correctly.
- SportsMed also run pregnancy hydrotherapy and pilates classes which may be suitable for you.

Postnatal care

- Below is a list of areas that your physiotherapist can provide education on, help to treat and manage after the birth of your baby:
 - *Nipple, breast and perineal treatment*
 - *Pelvic floor muscles*
 - *Bowel and bladder care*
 - *Abdominal muscle separation*
 - *Safe return to exercise*

- This management will be tailored to you based on the type of delivery you have had, and the nature of your recovery.
- SportsMed also run postnatal Mums and Bubs hydrotherapy and pilates classes which may be suitable for you.

Exercising during the childbearing year

- Whilst it is an important time to maintain physical activity, often there may be medical limitations. It is necessary for all pregnant women to have a referral from a GP or obstetrician prior to attending any of our antenatal hydrotherapy classes and our pilates classes.
- You do not require a referral for postnatal exercise, but you need to have seen your GP or obstetrician at 6 weeks postpartum first, to make sure that you are safe to exercise from a medical standpoint.
- If you require further information about any of our classes, please speak to the reception staff or your physiotherapist

Ask at reception or call today on **08 9382 9600**

