

# Antenatal &

# Postnatal Care

## Wellness FOR WOMEN

### Information Sheet

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

#### Antenatal care

- Our physiotherapists assess and treat all pregnancy-related musculoskeletal conditions including pelvic girdle pain, back pain, pubic pain, and 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 leaking or pelvic floor dysfunction and just 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 are areas 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

- 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 our antenatal classes
- You do not require a referral for postnatal exercise, but need to have seen your GP or obstetrician first, to make sure that you are safe to return to exercise
- 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**

