

POSTNATAL MOTHER & BABY HYDROTHERAPY CLASS

For babies 8 Weeks to 6 months

Nursery rhyme time with baby
followed by exercise class for mothers

Volunteer assistance available during
exercise class to tend to baby

Monday	11.15am
Tuesday	11.15am
Wednesday	11.15am
Thursday	11.15am

Class Time: 1 hour 30 minutes

What to Bring:

- Pram for baby
- Swimming nappy for baby
- A towel each for you and baby

Bookings required

Complimentary Voucher for One Hydrotherapy Class

Please hand to reception on arrival

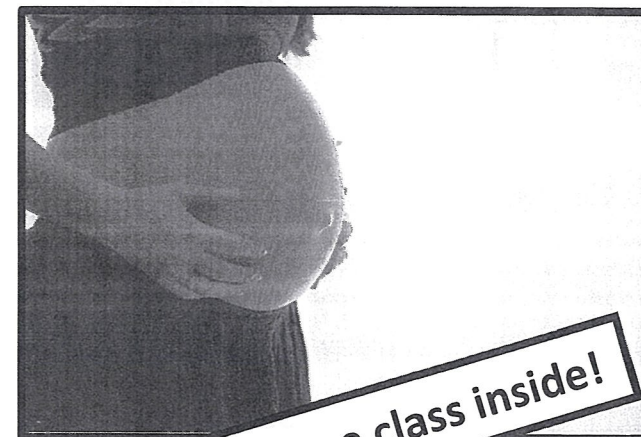
Valid for one antenatal or postnatal class per family

IMPORTANT INFORMATION FOR HYDROTHERAPY

- Please bring your own bathers and towel.
- A clean pair of thongs to wear while showering and while walking around the outside pool are also required.
- Please rinse off in the showers provided before entering the pool.
- While in the pool, you may store your clothes within the change rooms or on the chairs around the pool.
- Please refrain from using the hydrotherapy pool when a skin complaint/infection is present.
- The hydrotherapy pool is heated to 34° and is more chlorinated than domestic pools. This may affect the integrity and colour of your bathers. It is not advisable to put your head underwater.
- Please wait until your physiotherapist is present before entering the pool.
- A water bottle (no glass) can sit on the side of the pool while you exercise.
- 24 hours' notice is required for cancellation of appointments.

PREGNANCY AND POSTNATAL PHYSIOTHERAPY

Aqua Exercise Classes
Clinical Exercise Classes
Active Labour Workshops
MamaTENS Hire
Physiotherapy Treatment



Voucher for free class inside!

Find us in the SJOG Murdoch Medical Clinic

P: (08) 6332 6666 F: (08) 9117 2015
E: SOUTHCARE@LIFECARE.COM.AU
A: ST JOHN OF GOD MEDICAL CLINIC
100 MURDOCH DRIVE, MURDOCH, WA 6150
Lifecare Southcare Physiotherapy

southcare
LEADERS IN PHYSIOTHERAPY

SPORTSMED
MURDOCH

PREGNANCY & POSTNATAL PHYSIOTHERAPY TREATMENT

Physiotherapy appointments are available at any time during pregnancy and after delivery for:

- Pelvic floor muscle assessment
- Abdominal muscle separation (diastasis)
- Neck pain and upper back pain
- Rib pain
- Lower back pain and sciatica
- Pelvic girdle pain
- Hip pain
- Pubic bone pain
- Carpal tunnel
- Bladder, bowel, or pelvic floor problems
- Clinical exercise classes

ANTENATAL PREGNANCY HYDROTHERAPY CLASS

From 13 weeks gestation

Doctor's letter required

for non-SJOG Murdoch patients

Tuesday 6.00pm

Thursday 6.00pm

Saturday 9.00am

Class Time: 55 minutes

Bookings required

Other pregnancy services available at Southcare:

- Pelvic floor muscle assessment
- Active Labour Workshop
- MamaTENS instruction and hire:
 - Drug free pain management for labour

INPATIENT POSTNATAL PHYSIOTHERAPY ASSESSMENT

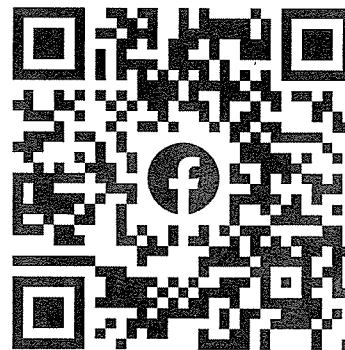
Maternity ward room visit post-delivery

- Bladder, bowel and pelvic floor assessment
- Abdominal muscle separation assessment and treatment
- Breast assessment and treatment
- Musculoskeletal assessment
- Education on safe recovery after your delivery

Physio ward talk:

Tuesdays & Thursdays at 10.30am

**To join 'SouthCare Mums Group' on
Facebook scan the QR code below**



POSTNATAL PHYSIOTHERAPY ASSESSMENT AND REHABILITATION PROGRAM

*In clinic appointment after your
6 week medical check*

- Attend from 6 weeks postnatal
- Bladder and bowel check
- Pelvic floor muscle assessment and program
- Abdominal muscle separation assessment and program
- Return to exercise and sport program

**Scan the QR code below to book
your postnatal assessment**

