

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

Tuesday 11.00am

Thursday 11.00am

Total Time: 1 hour 30 minutes

**Please bring a pram for baby, swimming nappy
for baby & a towel for yourself and baby**

Bookings required

POSTNATAL MUMS CLINICAL EXERCISE CLASS

Physiotherapist run clinical exercise class for
new mums with babies 8 weeks to 6 months.

Volunteer assistance available during class to
tend to babies.

Tuesday 11.00am

Please bring a pram for baby

Bookings required

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.

Complimentary Voucher for One Hydrotherapy Class

Please hand to reception on arrival

Valid for one antenatal or postnatal class per family

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

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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*

Alternate Saturdays 10.00am

Class Time: 45 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

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**

