## 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 HYDROTHFRAPY

- 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.

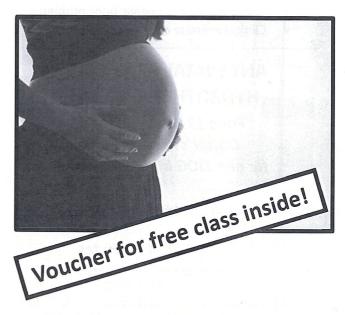
#### Complimentary Voucher for One Hydrotherapy Class

Please hand to reception on arrival

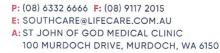
Valid for one antenatal or postnatal class per family

# PREGNANCY AND POSTNATAL PHYSIOTHERAPY

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



Find us in the SJOG Murdoch Medical Clinic



Lifecare Southcare Physiotherapy





#### 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:
  - o 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

