

Antenatal & Postnatal Care



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 even for women who have no leaking or pelvic floor dysfunction and just want to make sure they are doing their exercises correctly
- Subiaco Women's Health also run antenatal hydrotherapy and pilates classes which may be suitable for you. (See antenatal/postnatal classes flyer)

Postnatal care

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

- Management will be tailored to you based on the type of delivery you have had, and the nature of your recovery
- Subiaco Women's Health also run postnatal mums and bubs hydrotherapy, advanced postnatal hydrotherapy classes and postnatal pilates classes which may be suitable for you. (See antenatal/postnatal classes flyer)

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, and a brief assessment with one of our women's health physiotherapists
- Prior to commencing postnatal exercise classes at Subiaco Women's Health, you will require clearance from your GP/Obstetrician and will need a postnatal review with one of our women's health physiotherapists
- 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**