

If becoming a Mother has brought you more than a bundle of joy ...

- > Backache
- > Separated Tummy Muscles
- > Bulging Midriff
- > Stress Incontinence
- > Prolapse
- > Sciatica
- > Hip or Knee Pain
- > Poor Posture Control

This course could be for you..

PHYSIOCARE

Educational Course Details

7 week course

One hour session each week

All sessions conducted by experienced, chartered Physiotherapists.

Full Course Cost – £ 135

“Early-Bird” Booking – £ 120

Advanced booking required

Contact Physiocare Reception for booking



Physiocare Services

Physiocare
6 Church Street
Twyford
Berks. RG10 9DR
Phone: 0118 934 4055
Fax: 0118 934 4055
E-mail: physio@physiocare.co.uk



PHYSIOCARE
BODY MANAGEMENT

*The Body
Recovery Course
for Mums*



www.physiocare.co.uk

A Post Pregnancy Recovery Programme

Whether you have just had a baby or you have been a mum for a while, your body will have changed in many ways during and since your pregnancy.

Throughout pregnancy many changes occur in your body, some acutely, some more slowly. As a result many women attend the physiotherapy clinic with a variety of problems including; back pain, separated tummy muscles, stress incontinence and prolapse.

Physiocare offers a comprehensive course of 7 weekly sessions for all mums, young and old, to enable you to restore your body towards its pre-pregnancy condition. We help you to recover the control over your body that you may have lost and aim to prevent future problems.



Course Covers

An individual assessment by an experienced Physiotherapist

An explanation of how your body changes during and after pregnancy including; posture, breathing, movement patterns and pelvic floor control.

Which exercises are important and how to exercise correctly.

Help with specific problems e.g. incontinence, back pain, separated tummy muscles.

Opportunities to learn and practice the exercises throughout the course with experienced hands on Physiotherapists.

Enabling you to maintain your body in a healthy condition.

Comprehensive course literature included



Mums' Comments

“An excellent course, has been interesting and empowering, and the enthusiasm of the physiotherapists has been inspiring”

...Karen (Reading)

“This course should be compulsory, I would strongly encourage other mums to come along as soon as practical after the birth of their child”

...Helen (Twyford)

Physiocare Services

Physiocare
6 Church Street
Twyford
Berks. RG10 9DR
Phone: 0118 934 4055
Fax: 0118 934 4055
E-mail: physio@physiocare.co.uk