

Rehabilitation for your body after pregnancy!!

A class to help you restore your optimal function.

Have you had a child?

Does your body feel different now?

Are you having back pain, hip tightness, problems with your bladder leaking when you run, cough or laugh, or trouble getting back into shape?

Pregnancy and delivery change your posture, the way you breathe, your abdominal and pelvic floor muscle control and the elasticity of your ligaments. Often the body doesn't just "fall back into place" after delivery and you may learn to adjust with patterns that can have adverse effects on your body.

Learn how to prevent things such as early degenerative changes in the spine and hips, bladder leakage and bladder or uterine prolapses that can sometimes happen when you have poor stability, poor posture and non-optimal ways of moving that result from pregnancy, delivery and poor mechanics post-partum.

This class is a combination of theory and practical work and is instructed by a trained physiotherapist. It will teach you how to restore the normal, optimal function of your body in a fun, safe environment.

Who is the course for?

This class is suitable for any woman who has delivered a child. You should be at least 8 weeks post partum and you should have approval from your physician to participate in the class.

The course

The course is taught by a physiotherapist with over 10 years of experience and a special interest in postpartum health. It consists of 5 sessions. Four of the sessions will be in a small group (3-4 participants) and one session will be one-on-one. Next set of classes start Jan'09

What the course will cover:

Session 1:

Learn what stability is and why it is important, what your “core” is, what happens to the core during pregnancy and delivery and what the long term ramifications of not having a functional core are.

Session 2:

Learn about the diaphragm, the roof of your core. We will discuss and practice optimal posture and how to release 2 of the areas (the hips and the chest) that tend to get overused and tight when the core is not functioning properly. This will allow you to breathe better, move more freely and in a way that is healthier for your body.

Session 3:

This will be a one-on-one session with you and the instructor. You will learn about the front, sides and back of your core which are made up of your transversus abdominis and multifidus muscles. You will get to see your transversus abdominis using the real time ultrasound machine and we will determine whether it is functioning properly. You will also be assessed to see if you have an abdominal diastasis (a separation of your abdominal muscles) and what to do about it if you do.

Session 4:

You will learn about the floor of your core, your pelvic floor. The class will help you determine if your pelvic floor is functioning well and how to keep it healthy for life.

Session 5:

This will be a practical session focusing on how to put everything you have learned together and use your body and your core in everyday life.

Location

Synergy Physiotherapy
#300 1124 Lonsdale Avenue
North Vancouver, BC
V7M 2H1
604-986-2777
www.synergyphysio.ca

Time

10:00-11:00 am

Please arrive 15 minutes early for the 1st class in order to fill out a registration form.

What to bring

- Yoga mat
- Your workbook (this will be provided the 1st class)
- A pen or pencil
- Questions

What to wear

Comfortable, loose fitting clothing.

Cost

\$250 to be paid when you register. This includes a 45 page work book/manual so that you don't have to keep everything you learn in your head - you have enough to try and remember.

To register

Please call Synergy Physiotherapy at 604-986-2777.

If you have questions about the course you can call Shawna Murray at Synergy Physiotherapy or email her at shawna@synergyphysio.ca



Move better. Feel better. Be better.

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