

# BOUTIQUE PELVIC HEALTH *physiotherapy*

## FOR PREGNANCY + POSTNATAL

### FIRSTLY, CONGRATULATIONS!

Firstly, congratulations on your pregnancy or birth of your baby! We are excited and honoured to be involved in your care.

Physiotherapists are an essential part of your pregnancy and postnatal team.

During pregnancy, Zara will complete a comprehensive assessment of pelvic floor muscle and core function, provide advice on healthy bladder and bowel habits, and create an individualised pregnancy exercise and pelvic floor plan.

After birth, additional care will be provided to provide guided return to function, exercise, and intimacy.

### WHAT ZARA CAN HELP WITH

- Modified and achievable exercise programs for your pregnancy or postpartum journey
- Bladder frequency, urgency, incontinence and difficulty emptying
- Pelvic floor and perineal pain or heaviness
- Managing and preventing bowel disorders like constipation
- Preparation for birth
- Perineal massage
- Lower back, hip and pelvic pain (including pubic, SIJ and coccyx (tailbone) pain)
- Thoracic and rib pain
- Abdominal wall muscle separation (diastasis rectus abdominal muscle or DRAM)
- Positioning for breastfeeding

### WHEN SHOULD I BOOK?

It is recommended to see a physiotherapist as part of your scheduled care:

- Early in your second trimester (week 14 to 20)
- At around 30-34 weeks as part of birth preparation, and
- Six weeks post-delivery.

Zara is passionate about pelvic floor care in preparation for birth, and offers appointments to teach perineal massage to empower the pregnant woman in their pelvic body. If you are interested, we recommend a 1:1 appointment and your partner / support person to attend these appointments if able.

### CONTACT

We would love to hear from you. Please reach out at via email or phone:

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### BOOK USING THIS QR CODE

