

FROM BUMP TO BIRTH

WHY SMART MUMS CHOOSE WOMENS HEALTH PHYSIO DURING PREGNANCY

Did you know that seeing a Women's Health Physiotherapist during pregnancy can improve your pregnancy and birthing experience?



ARE YOU EXPERIENCING ANY OF THESE COMMON PREGNANCY CHALLENGES?

BACK OR PELVIC PAIN THAT'S AFFECTING YOUR DAILY LIFE.

Physios provide both treatment and advice for pregnancy-related back pain, pelvic girdle pain, and rib discomfort using safe, effective techniques. Pregnancy hormones soften ligaments while growing baby shifts posture, causing back/pelvic pain in 80% of women. Physiotherapy offers drug-free relief through exercises, manual therapy, and movement re-education

QUESTIONS ABOUT SAFE AND EFFECTIVE EXERCISE ROUTINES.

More and more women feel confident and competent to both remain in the gym and continue with their exercise regimes. Having great benefits for overall cardiovascular, muscular, bone, heart and brain health.

However Modifications to your exercise program may have to occur to avoid injury and to ensure optimal health throughout your pregnancy.

In general, cardio and weight training when done well AND under the guidance of a skilled women's health physio can provide both mother and baby some amazing benefits not achieved any other way.

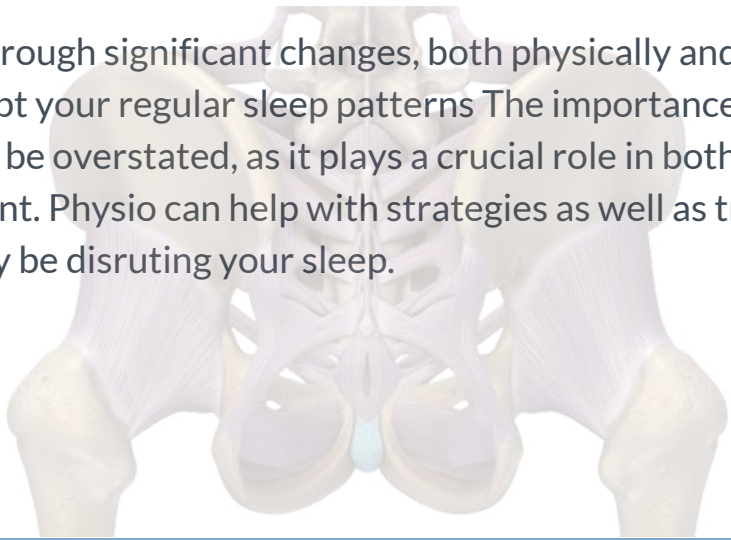
LEAKING WHEN YOU COUGH, SNEEZE, OR LAUGH AND PELVIC PRESSURE OR DISCOMFORT

Often pregnant women experience leakage because they just don't have enough strength in their pelvic floor to support the weight of the growing baby putting pressure on the bladder and urethra.

Some solutions include pelvic floor training, breathing techniques, bowel, bladder and muscular system assessment, and training to prepare for the cough/ sneeze to ensure you have the best strategies to resist the sudden rises in the abdominal pressure.

DIFFICULTY SLEEPING.

Your body goes through significant changes, both physically and hormonally. These changes can disrupt your regular sleep patterns The importance of quality sleep during pregnancy cannot be overstated, as it plays a crucial role in both your health and your baby's development. Physio can help with strategies as well as treatment for those aches and pains that may be disrupting your sleep.



ANXIETY ABOUT PREPARING YOUR BODY FOR BIRTH.

Knowledge is strength

Advice from our Women's Health Physio can include preparation for Labour and perineal massage

A Teaching positions and movements that can facilitate labour and also on how to reduce back pain during delivery.

B Perineal Massage to reduce risk of pelvic floor damage

Perineal massage is a technique taught by pelvic floor physios to decrease the risk of tearing during birth or needing an episiotomy. It is encouraged that you start perineal massage after 34 weeks. It can be handy to bring your partner along to this physio appointment so they can also be taught how to perform this technique, as it can get a bit tricky to do it by yourself in the later stages of pregnancy

CONCERNS ABOUT RECOVERY AFTER DELIVERY

Postpartum Planning: This involves preparing for the physical demands of caring for a newborn and addressing ongoing musculoskeletal issues and expert advice on return to exercise with gradual, progressive programs to restore strength and function after delivery.



YOU'RE NOT ALONE— THESE ISSUES AFFECT UP TO 1 IN 3 PREGNANT WOMEN

We encourage you to book in to see our women's health and pelvic physiotherapists

Women's health Physiotherapy during pregnancy isn't just about treating problems—it's about optimizing your body's amazing capabilities.

Gain confidence through understanding. Learn what to expect, how to manage changes, and evidence-based strategies to support your body through pregnancy and beyond.

Many women report feeling more in control and less anxious after starting with us. The one thing any pregnant woman truly wants is to have a healthy and safe pregnancy

You have an amazing journey ahead; we're here to support you at every step.

FEEL SUPPORTED, PREPARED, AND IN CONTROL



Your first step is to book a Pregnancy Assessment

You can call us on 83462000 at Hindmarsh or [CONTACT US ONLINE HERE](#) to request an appointment

We are passionate about providing our patients and community with information on prevention and management of many conditions. This PDF is not intended as a substitute for medical advice or treatment and should not be interpreted as such. Always seek advice from a qualified medical professional and use of this information is at your own risk