

Prenatal and Postnatal Exercise Group at Link

Exercise during and after pregnancy

- Exercise during pregnancy and return to exercise after birth.
- Strengthen your pelvic floor and abdominal muscles.
- Increase muscle strength to help with back pain.
- General strength and conditioning.

As part of the group you will have:

- An initial physiotherapy assessment of DRAM, continence and strength, and discussion regarding your pregnancy and birth.
- 1 hour exercise class run by physiotherapists including mat based Pilates, general strength, pelvic floor exercises, and cardio exercises.
- 8 week duration.
- Maximum 8 participants per class.
- Ability to attend to your child during class as needed.

Eligibility:

- To commence the exercise classes you must currently be pregnant or be at least 6 weeks post birth.
- Have completed an initial physiotherapy assessment with Link HC physiotherapists prior to exercise class.
- We can only accommodate babies who are <9 months/ crawling minimally in the group, and they would be under your care during class (if unsure, discuss with your physio).

Referral:

- No referral from a specialist is required, you can self-refer by calling 1300 552 509 and ask for a Physiotherapy assessment to join the Prenatal/Postnatal Exercise Group.
- You may wish to have your GP, Allied Health Professional or MCHN refer you, and they can do so by filling out the Link Health & Community Referral Form.

Please note: You will need to have a medical clearance form from your doctor prior to commencing the group. Your physio will provide you with the form at your initial assessment.



Fees are means/income tested:

- Initial assessment fee is income/means tested.
- Group fee per session is a standard rate for all income levels: \$80 for 8 sessions (to be paid prior to first session).

Time:

Wednesday at 11:30-12:30pm

Location:

Link Health & Community Clayton
Level 1, 9-15 Cooke Street, Clayton VIC 3168

There is stair and lift access to the Level 1. You may wish to just bring a capsule/carrier for ease of access and space within the group, but we will have space for prams as required.

Contact:

1300 552 509

Linkhc.org.au