

What can I expect in the class?

A Physiotherapist or Exercise Physiologist will provide exercises and progressions for each client on an individual basis.

The class involves a range of cardiovascular, core and strengthening exercises. You will use a variety of equipment within our rehabilitation gym . The class runs for 8 weeks and is free of charge.

Referrals:

Your Physiotherapist will discuss this class with you and decide if it is appropriate.

FOR MORE INFORMATION CONTACT:

Physiotherapy Department | Swan Hill District Health

Address: Splatt St, Swan Hill, 3585

Phone: (03) 5033 9321

Web: www.shdh.org.au



Post Natal Exercise Group

Thursday 1pm
Community Rehabilitation Centre
Corner of McCrae and Splatt St, Swan Hill

Aim of class:

This class provides early rehabilitation for women after giving birth.

Who can attend?

Women who have recently given birth and may have abdominal separation or ongoing back/pelvic pain. Women can generally start the group from 4-6 weeks post delivery. Prior to attending the group you will undergo an assessment by a Physiotherapist.

The Physiotherapist will provide foundation education regarding management of your separation and discuss whether the class is appropriate.

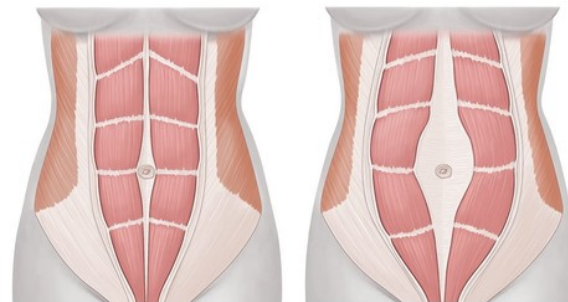
Can my newborn come too?

Your newborn is able to come along to the class to make it easier for you. Child minding is available during most post natal group sessions.

What is a DRAM?

The term DRAM stands for Diastasis of Rectus Abdominis Muscle, which refers to the separation of the abdominals in the midline of the stomach.

This occurs naturally during pregnancy as it is a natural response to your body's changes and stresses on the abdomen combined with increased levels of hormones within the body.



Normal abdomen

Abdominal separation

Why attend?

Joining an exercise group after giving birth is a great way to increase fitness, strength, assist with weight loss, increase social interaction and maintain psychological wellbeing.

Maintaining core strength is important to assist with lifting, coughing and reducing the risk of continence issues.

Purposes of the class include:

- Increase confidence with movement and exercise
- Achieve individually set goals
- Help reduce abdominal separation in post natal women
- Provide a foundation for ongoing exercise and appropriate community options.