

## 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 and strength exercises to target your core, upper body, lower body and pelvic floor. You will use a variety of equipment within our rehabilitation gym.

## Referrals:

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

If you are unsure whether you have an abdominal separation, or feel you may benefit from the class, please contact the Physiotherapy department on:

**(03) 5033 9390**

## Class

Post Natal Exercise Class

## Length

Runs for 8 weeks

## Where

Community Rehabilitation Centre  
(corner of McCrae and Splatt Street)

## Cost

Free of charge



## FOR MORE INFORMATION CONTACT:

Physiotherapy Department

Swan Hill District Health, Swan Hill, 3585

p—(03) 5033 9390    [www.shdh.org.au](http://www.shdh.org.au)

8.30am-4.30pm



# Post Natal Exercise Class

Helping you to improve the quality of your life

### 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, post natal exercise guidelines, pelvic floor muscle exercise and discuss whether the class is appropriate for you.

### Can my newborn come too?

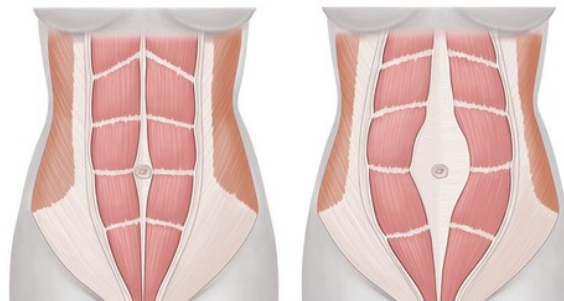
Your newborn is able to come along to the class to make it easier for you. Child minding is available.

### What is a DRAM?

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

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

Having a DRAM should not mean you experience back or abdominal pain, however it is important to develop core strength post-natally to ensure you can comfortably return to your daily activities.



### 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
- Ensure safe return to gym, sport or running, if desired.