



## ANTENATAL CARE

### Physiotherapy & Exercise

- ✓ REDUCE PELVIC PAIN & DISCOMFORT
- ✓ IMPROVE CORE & PELVIC FLOOR STRENGTH
- ✓ MANAGE & PREVENT LOWER BACK PAIN
- ✓ TREAT ABDOMINAL MUSCLE SEPARATION
- ✓ MANAGE CARPAL TUNNEL SYNDROME
- ✓ TREAT MASTITIS & BLOCKED DUCTS
- ✓ MANAGE NECK PAIN & STIFFNESS

# ANTENATAL HEALTH & WELLNESS

There's never been a better time to look after your health and wellness. While pregnancy is an exciting time, it's also a time of great stress on the body, not to mention your emotions! At Hartwell Physiotherapy, our custom-tailored clinical exercise sessions are a great way to keep you strong, active and well prepared.

Your personalised program begins with a thorough assessment to ensure the safest treatment options for you and your baby. Our small group sessions of six people run for 50 minutes and are supervised under the watchful eye of your Physiotherapist.

Our aim is to help you

- Have a comfortable pregnancy
- Ensure you are well prepared for birth
- Manage common issues in the postnatal period

The Hartwell Physiotherapy clinic is well equipped to cater for your comfort and needs. Our dedicated and experienced team of Physiotherapists provide a relaxed and friendly environment. We warmly welcome you to take advantage of the many benefits we can provide at this important and precious time.

TO LEARN MORE,  
SCAN THE QR CODE



## CONTACT OUR FRIENDLY TEAM



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