

# PHYSIOTHERAPY POSTNATAL ADVICE CLASS



The Class focuses on aiding your recovery after pregnancy & birth including:-

- \*Posture & positioning
- \*Back care & lifting
- \*pelvic floor muscle exercises
- \*abdominal exercises
- \*returning to normal activities

**TIME: Every 2<sup>nd</sup> & 4<sup>th</sup> Monday of the month**

**10.30-11.30**

**VENUE: Physiotherapy Department, Kingston Surgical Centre, Kingston Hospital**

**Once you have had your baby please contact:**

**The Physiotherapy Department**

**On: 020 8934 2510 (8.00-5.00pm)**