

CLASSES RUN BY ST. MICHAEL'S HOSPITAL PHYSIOTHERAPY DEPARTMENT 2014

Please phone 342 4060 to book a place.

NEW Pelvic Girdle Pain Class: BRI Physiotherapy Dept. Level 1

- Choice of Tuesday or Thursday, once a month.
- For women with lower back pain or pelvic pain in pregnancy.
- Specific advice, gentle exercises and strategies to ease pain.
- Opportunity to ask individual questions at end of class.
- Note: if you have previously attended physiotherapy for this problem or have significant problems walking please ask your midwife or GP for a referral

Care of Your Body, Antenatal Class: BRI Physiotherapy Dept. Level 1

- One Thursday each month. 2-3pm.
- For women 15-26 weeks in pregnancy.
- Posture advice for pregnancy and gentle exercises.
- Advice on maintaining exercise / fitness.

Ante-natal Classes: At several sites across Bristol

- For women 30 + weeks in pregnancy.
- Covering: Care of the body in pregnancy, Pelvic Floor Exercises, relaxation, breathing and positions for labour.
- Birthing partners welcome.

Divarication Clinic: St. Michael's Hospital. Level E

- For women who have divarication of their recti.
- Assessment and advice on progressing abdominal exercises
- Tuesday morning

Booking Essential.

Please phone 342 4060 to book a place