

## CONTACT

Speak to a member of staff in the Physiotherapy Department if you are interested in finding out more about Fit Back and Bumps – Antenatal and Postnatal Service or, alternatively, email Emma Brockwell.

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Opening hours:

**Monday-Friday, 7.30am-7.30pm**



### HOW TO FIND US:

The **London Bridge Hospital Physiotherapy Clinic** is located within London Bridge Hospital, situated on the South Bank of the Thames. We are opposite London Bridge mainline and underground stations with easy access to the City. Please note: no right hand turn from Borough High Street into Duke Street Hill.



**London Bridge Hospital**

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## ANTENATAL AND POSTNATAL SERVICE



An educational exercise programme, bringing new mums and mums-to-be together through antenatal and postnatal exercise classes.

Delivered by a fully-qualified Chartered Physiotherapist, expert guidance and instruction is guaranteed throughout, helping to remove the fear women have about exercising during pregnancy and after they have had their baby.

## ANTENATAL PROGRAMME

**The ideal time to commence the Antenatal Programme is from around the 12th week of pregnancy to gain the most benefits.**

This four-week educational exercise programme is designed specifically for pregnancy and the challenges it brings. It focuses on understanding the changes the body goes through, the importance of posture, safe and effective exercises in pregnancy and abdominal and pelvic floor muscle exercises. Also, you can learn how to physically prepare for labour and the invaluable skill of relaxation.

The exercises are designed to support the changing body, with a special focus on the spine, abdomen and pelvic floor. The aim is to reduce back and pelvic pain during pregnancy and aid a quicker recovery after the birth.

## POSTNATAL PROGRAMME

**It is recommended to start the Postnatal Programme after your six week check by your GP.**

This four-week educational exercise programme is designed to give you all the information you need to regain your flat tummy and fitness after pregnancy and birth. It specifically looks at how to regain a flat stomach, importance of posture and developing your pelvic floor muscles to reduce the incidence of stress incontinence.

The exercises focus on the use of a gym ball to provide a dynamic surface to challenge and strengthen the muscles which are weakened through pregnancy.

## EXPECTED LEARNING OUTCOMES

- How to exercise safely during and after pregnancy
- How to improve posture
- How to reduce stress incontinence by strengthening pelvic floor muscles
- How to reduce pelvic and back pain by strengthening the core
- How to flatten tummies after pregnancy
- Why you may be in pain, and ways to relieve this
- The opportunity to meet other new mums and mums-to-be.

