



Government of Western Australia
North Metropolitan Health Service
Women and Newborn Health Service



Physiotherapy during Pregnancy

Exercise



Every Mum delivering at OPH or KEMH from 20 weeks to 40 weeks can attend either

HEALTHY PREGNANCY EXERCISE CLASSES

Land bases exercises for pregnancy at OPH

PREGNANCY AQUAROBICS

Water based exercises to improve your strength, flexibility and muscle tone held at Lords in Subiaco

You will need to bring a completed / signed form to your first Healthy Pregnancy Exercise class session - please ask your midwife or doctor to complete

Pain during your Pregnancy

ANTENATAL MUSCULOSKELETAL CLINIC

A short 1:1 appointment with the Physiotherapist to assess and treat pregnancy related pain only

No referral required. Open to any Mum delivering at OPH.



Bookings via MS bookings

Use the QR codes to book and view all session times



or visit MS Bookings:

<https://rb.gy/1tr9oy>