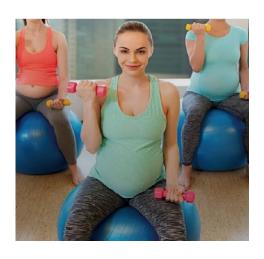




# Physiotherapy during Pregnancy



### **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

