

# Post-Natal Exercise Class

## Pelvic Health Physiotherapy



11am, Friday, River Bourne Club, Heriot Road, Chertsey, KT16 9DR			
Class 1	Class 2	Class 3	Class 4

## **What is postnatal core stability?**

The postnatal core stability class runs once a week at the River Bourne club (Chertsey). You should aim to book into 4 sessions in a row. It is run by a specialist pelvic health physiotherapist for those who require strength and conditioning post pregnancy.

Exercising postnatal helps to improve flexibility and strength which can often be impacted in pregnancy. This reconditioning process can help to alleviate pain and restore strength in the body so you can return to pre-pregnancy activities without issue. The class is run by a specialist pelvic health physiotherapist who is trained in postnatal related conditions such as postnatal pelvic and back pain and pelvic floor muscle dysfunction.

### **The class aims to improve:**

- Strength
- Movement
- Flexibility
- Bodily awareness

The class is tailored and can be adapted for different ability levels. You might be guided or encouraged to make some exercises individual to meet your own goals.

## **What happens in the class?**

Each class lasts 45 minutes and takes place in the ground floor exercise studio. It consists of a warmup, core strengthening exercises in a variety of positions and stretching.

You should inform the physiotherapist if any exercises are painful, cause urinary / faecal leakage or vaginal heaviness.

You may be asked to complete a questionnaire or feedback form at the end of the first / last sessions.

## **Your responsibilities**

Come prepared

- Bring a water bottle and a snack for after the session
- Bring or wear socks and comfortable clothing you can move freely in such as leggings and a t-shirt
- Please eat 1-2 hours prior to attending a class
- You can bring your new baby with you until they are more mobile such as crawling / bottom shuffling / walking (this cannot be accommodated due to space limitations). We cannot allow older children into the class. Mats will not be provided for babies routinely but you can bring a mat for your baby to lay on or they can stay in their pushchair / with you. Everyone in the class is postnatal and we welcome you bringing your baby with you, but if you have childcare available it can often

be easier for you in the class as it allows you more time to focus on the exercises.

On arrival check in with reception and take a seat in the café area; you will be called into the class at the start time. If you arrive late, please head straight into the exercise studio. The class time given is the time the session will begin. Please arrive early to allow enough time to get changed (if required).

We encourage you to also try to complete similar exercises again in the week (an exercise sheet will be provided) or if you have been provided a home exercise programme by your physiotherapist then you should complete this through the week.

If you have any questions or concerns, please raise with the Physiotherapist that run the class.

## **Parking**

Parking is available next to the River Bourne club in the Chertsey library car park. Costs are approximately £1.30 per hour (dependent on length of stay).

## **Can't make it?**

If you can't attend your class appointment, please let us know with 24 hours advance notice by telephoning the Physiotherapy department on: **01932 722547**.

We ask that you make every effort to attend booked classes; our class appointments are valuable and usually have a waiting list. If you cancel a class, we cannot routinely offer additional class appointments to replace the one missed.

If you attend more than 10 minutes late, you will not be allowed to join the class as you will have missed the warm-up for the class.

**Please be aware, as part of the Trust's access policy, if you fail to attend a booked class or cancel on more than one occasion, you will be discharged from the Physiotherapy department, any future appointments may be cancelled, and you will need to contact us if you would like to be reinstated.**

We look forward to seeing you!

Please use these blank pages to make notes in the class about how to do your exercises at home.

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## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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You can use Text Relay to turn telephone communications into text.  
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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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