

Pregnancy and Physiotherapy

Pregnancy is a joyful time, but it can also bring discomfort. Physiotherapy helps you stay strong, active, and pain-free throughout this journey.

Common Pregnancy Discomforts

- **Lower Back Pain:** A growing belly adds pressure to your back.
- **Pelvic Pain:** Ligament relaxation causes instability and discomfort.
- **Sciatica:** Uterus pressure on nerves leads to leg pain or numbness.
- **Swelling:** Hormonal changes can cause fluid retention in legs and feet.



How Physiotherapy Helps

1. **Manual Therapy:** Gentle techniques ease tension in the back and pelvis.
2. **Strengthening Exercises:** Build core and pelvic strength for support.
3. **Pelvic Floor Training:** Strengthen muscles that support the bladder and uterus.
4. **Postural Advice:** Learn proper alignment to reduce discomfort.



Simple Exercise: Glute Bridges

Lie on your back, knees bent, feet flat. Squeeze your glutes and lift hips off the floor. Hold for 5 seconds, then lower. Repeat 10–15 times to strengthen back and pelvic muscles.



Why Physiotherapy During Pregnancy?



Safe & Tailored Care: Designed specifically for pregnancy needs.



Pain Relief: Alleviates back, pelvic, and other pregnancy-related discomforts.



Labor Preparation: Strengthens muscles for delivery.



Postpartum Recovery: Aids in restoring strength after childbirth.

What to Expect in a Session

Assessment

Posture, alignment, and pain areas reviewed

Personalised Plan

Tailored treatment for pregnancy-related concerns

Gentle Exercises

Techniques to ease pain and improve mobility

Tips for Pregnancy Comfort

Stay Active

Gentle exercises like walking or swimming

Maintain Posture

Avoid slouching to reduce back strain

Hydrate

Reduces swelling and keeps you energized

Sleep Support

Use a pillow between knees for back and pelvic alignment

Take the First Step. Book Your Appointment Today!

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