

Better after Bump: New Mummies Assessment



Crystal Palace Physio Group are now offering a New Mummies assessment service. This is a post-natal health assessment to help your body recover more quickly after childbirth. It is recommended for all mums, whether you have had a vaginal delivery or C-section. The assessment can be taken any time after the birth of your child. Weakness and stretching of the stomach and pelvic floor muscles will occur after carrying a baby for 9 months and then giving birth. It is important to restore this strength to prevent lower back pain and pelvic problems that may occur post-natally when caring for your baby.

The aims of the assessment are to answer the common following questions:

- Do you want to return to your pre-baby size and fitness?
- Have you noticed a gap in your stomach muscles?
- Are you worried about how to get back to exercise? Where to begin?
- Do you want to return to your previous sport and want to know the safest way to do so?
- Do you want to prepare your body for further pregnancies?
- Do you have any aches, pains or pelvic floor symptoms?

The **New Mummies assessment** service costs £75 and will include;

- A **1 hour assessment** from a specialist Women's Health Physiotherapist
- An assessment of your abdominal and pelvic floor muscles
- To check any issues that may have arisen during or after the pregnancy
- Postural assessment
- Individualised exercise programme to rebuild core strength, improve posture and to prevent future aches and pains and help to return to your optimal weight!

If you would like to arrange an **appointment**, please call our Reception team on **0208 778 9050**. Currently this service is only available at the Crystal Palace Clinic.

Contact us now

☎ 020 8778 9050

📠 020 8659 1501

✉ enquiries@cpgg.co.uk

🌐 www.cpgg.co.uk