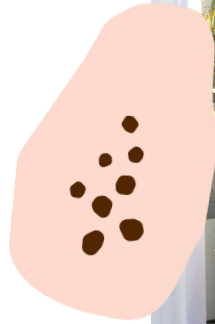


Embrace Program

Pregnancy + Postpartum Care



At Papaya, we are committed to providing comprehensive and integrative care to take care of you from first trimester through to 6 months postpartum.

Embrace Program is a well rounded and holistic approach to pregnancy care, designed to tackle all aspects of health.

Care Inclusions

Pelvic Health Physio

Collaborative

Chinese Medicine

Clinical Pilates

Naturopathy

Holistic Approach


**It's a different experience.
You deserve the best care.**

We see you. We hear you.



PERINATAL CARE PROTOCOL

by Women's Health Physiotherapists

<p>Between 12-20 weeks</p>	<p>GET TO KNOW YOU</p> <p>Get to know you</p> <ul style="list-style-type: none"> • Obstetric history Medical history Exercise plans <p>Education</p> <ul style="list-style-type: none"> • What's the role of Pelvic Floor in pregnancy and birth? • What happens during birth? • What are common symptoms of pelvic floor dysfunctions?
<p>Between 20-25 weeks</p>	<p>PELVIC FLOOR ASSESSMENT</p> <p>Pelvic Floor Examination</p> <ul style="list-style-type: none"> • Internal digital assessment/ Transperineal Ultrasound • Assess pelvic floor activation, strength, tone, endurance, coordination. • Identify pre-existing prolapse and advise accordingly • Identify pre-existing pelvic pain and or incontinence and advise accordingly. <p>Musculoskeletal</p> <ul style="list-style-type: none"> • Manage any pelvic girdle pain, sacroiliac and pubic symphysis pain • Manage all other musculoskeletal symptoms that might be aggravated due to maternal weight gain and change in gravity
<p>Between 25-34 weeks</p>	<p>STAY MOBILE, STRONG AND WELL</p> <p>Well-being</p> <ul style="list-style-type: none"> • Standardised Antenatal questionnaires and screening • Pregnancy massage <p>Musculoskeletal</p> <ul style="list-style-type: none"> • Manage pelvic girdle, sacroiliac, pubic symphysis pain • Promote physical activity as much as appropriate <p>Great time for general strengthening, resistance exercises, balance, pelvic floor muscle training.</p>
<p>34 weeks and Beyond</p>	<p>BIRTH PREPARATION</p> <p>Perineal Massage</p> <ul style="list-style-type: none"> • Specific techniques tailored to your pelvic floor anatomy • Update pelvic floor muscle training for the last 2 months <p>Birth Preparation</p> <ul style="list-style-type: none"> • TENS machine hire • Education on positioning • Prevention of perineal tears • What to do 0-6 weeks, when to seek help 

POSTPARTUM CARE PROTOCOL

by Women's Health Physiotherapists

<p>2-3 Weeks</p>	<p>EARLY POSTPARTUM CHECK IN</p> <p>Phone consultation</p> <ul style="list-style-type: none"> • 20 mins telehealth check in • Screening for pelvic floor dysfunctions, well being flags • Chat about birth and labour • How are YOU doing?
<p>At 6 Weeks</p>	<p>6 WEEKS PELVIC FLOOR AND ABDOMINAL ULTRASOUND ASSESSMENT</p> <p>Internal Digital Vaginal Examination</p> <ul style="list-style-type: none"> • Assess tissue health, pelvic floor strength, tone, sensation, prolapse, measure GH+PB, need for pessary, etc • Identify avulsion tear • Identify prolapse and pessary prescription if deemed suitable <p>Trans-abdominal Ultrasound</p> <ul style="list-style-type: none"> • Measurement of Abdominal Separation • Early stage Exercise prescription <p>Return to exercise guidelines</p>
<p>6 Weeks and Beyond</p>	<p>ROAD TO RECOVERY</p> <p>Pelvic Floor Muscle Training</p> <ul style="list-style-type: none"> • Guided supervised PFMT to support your recovery journey • Integrated into return to activities for smooth transitioning <p>Symptoms Management</p> <ul style="list-style-type: none"> • Urinary incontinence • Increased urinary frequency • Bowel dysfunctions • Pelvic Organ Prolapse • Dyspareunia • Musculoskeletal symptoms from motherhood tasks • And more...
<p>Exercise and Movement</p>	<p>For those with pain and Diastasis, attend weekly 1:3 Clinical Studio. Otherwise, attend 1:6 Postnatal Clinical Reformer class Recommended up to 6 months.</p>

HORMONAL AND NUTRITIONAL SUPPORT

by Clinical Naturopaths

14 weeks

SET THE SCENE + ASSESSMENT

ASSESSMENTS

Pathology Testing

- To provide in advance of consultation for discussion and treatment purposes. If not, this can be ordered privately or a referral letter provided if covered by Medicare
- Identify and correct if deficiencies exist given physiological changes - Full Blood Count, Iron Studies, serum B12 and folate, Thyroid Panel, Liver Function Test, Vitamin D, Lipid Profile, Biochemistry and eGFR, Fasting Insulin and Glucose, HbA1c, Urinary Iodine
- MTHFR genetic testing - particularly with miscarriage history

Nutrient & Heavy Metal Hair Test

- Recommended and optional
- Collect hair sample to send to the laboratory, 3cm closest to the scalp
- Assess and remove heavy metals, if necessary, and correct nutritional imbalances associated with metabolic activity, immune health, hormone balance, mental health, adrenal and thyroid function

Vaginal Microbiome Test

- Testing for imbalances in the vaginal microbiome and pathogens that can affect pregnancy outcomes - Ureaplasma, Mycoplasma, Strep B, Gardinerella etc
- Protect and prevent against thrush, BV, UTIs during pregnancy
- Optimise the vaginal microbiome for vaginal delivery if relevant

Iris Analysis


- Optional
- Take a photo of both irises for analysis purposes
- Identify organs and structural issues needing support

EDUCATION

- How to meet increased maternal nutritional demands?
- How does nutrition impact placental health? - Caffeine, Alcohol, High risk foods
- How to know when supplementation is required and what to look for in a good pre-natal supplement? Choline, Folate, Iron, DHA, Iodine, Vitamin D, B Vitamins, Calcium
- What medication and supplemental safety issues to consider when pregnant?
- What are the common symptoms in the first trimester (e.g., nausea and fatigue)?


HORMONAL AND NUTRITIONAL SUPPORT

by Clinical Naturopaths

<p>18-20 weeks</p>	<p>STAY ACTIVE AND WELL</p> <p>Hormonal</p> <ul style="list-style-type: none">• Manage blood glucose and insulin levels to mitigate Gestational Diabetes• Prepare for Glucose Tolerance Test, usually done between 24-28 weeks <p>Cardiovascular</p> <ul style="list-style-type: none">• Manage blood pressure and homocysteine to mitigate Pre-Eclampsia• Manage iron levels to mitigate anaemia• Manage circulation to prevent varicose veins and fluid retention <p>Vaginal</p> <ul style="list-style-type: none">• Manage vaginal health, strep b eradication, candida/UTIs are common in this stage too <p>Other</p> <ul style="list-style-type: none">• Provide appropriate dietary and lifestyle changes, herbal and/or nutraceutical supplementation• Monitor symptom changes and response to treatment from the 1st trimester
<p>34 weeks and beyond</p> 	<p>ASSESSMENTS</p> <ul style="list-style-type: none">• Discuss and manage blood glucose and insulin based on Glucose Tolerance Test results, if necessary• Preeclampsia assessment <p>STAY ACTIVE AND WELL</p> <p>Hormonal</p> <ul style="list-style-type: none">• Manage quality of sleep by improving ability to fall and stay asleep given increased movements of baby, and increased body temperature <p>Gastrointestinal</p> <ul style="list-style-type: none">• Manage esophageal mucosa to manage reflux, heartburn and nausea• Manage fibre, fluids, gastrointestinal motility, stress and supplementation to manage constipation <p>Musculoskeletal</p> <ul style="list-style-type: none">• Manage electrolyte levels and circulation to manage leg cramps <p>Vaginal</p> <ul style="list-style-type: none">• Manage vaginal health, strep b eradication, candida/UTIs are common in this stage too

HORMONAL AND NUTRITIONAL SUPPORT

by Women's Health Naturopaths

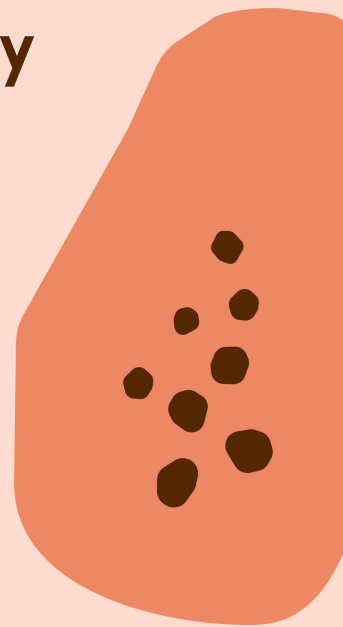
	<p>BIRTH PREPARATION</p> <ul style="list-style-type: none">• Prepare herbal formula to assist with uterine tone, commencement of labour, recovery of birth, and production of breast milk• Discuss birth plan - answer any questions they have• Dietary advice to prepare for birth• Stress reduction - mindfulness, visualisations, yoga, massage (referrals)
<p>POSTPARTUM 4-6 weeks</p>	<p>NOURISHING YOU AND YOUR BABY</p> <ul style="list-style-type: none">• Provide nutritional restoration (e.g., folate, omega-3 fatty acids, iodine, selenium, fat soluble vitamins, B-vitamins) and Dietary advice on how to nourish body post birth - hydration, healing warming foods that are nutrient dense• Assist with healing of pelvic space• Manage postpartum depression, anxiety, irritability, and exhaustion• Boost breast milk production and eliminate factors impacting supply• Support the immune system, breast engorgement, and duct blockage to reduce mastitis• Nipple Cream if experiencing sore, cracked nipples 

Chat with us on (02) 90305086
or scan the code to book your Initial
Appointment online!





**Interesting in engaging us as your
care provider for your pregnancy
and postpartum journey?**



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