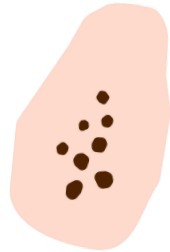


Perinatal & Postpartum Support

Embrace Program



At Papaya x Movement Lab, 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.

Collaborative Approach

Pelvic Health Physio

Naturopathy

Chinese Medicine

Clinical Pilates

Holistic Approach

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

We see you. We hear you.



Pelvic Health Physiotherapy

Perinatal Care

Between 12–20 weeks	<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?
Between 20–25 weeks	<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
Between 25–34 weeks	<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>
34 weeks and Beyond	<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

Pelvic Health Physiotherapy

Postpartum Care

2-3 Weeks	EARLY POSTPARTUM CHECK IN Phone consultation <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?
At 6 Weeks	6 WEEKS PELVIC FLOOR AND ABDOMINAL ULTRASOUND ASSESSMENT Internal Digital Vaginal Examination <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 Trans-abdominal Ultrasound <ul style="list-style-type: none"> • Measurement of Abdominal Separation • Early stage Exercise prescription Return to exercise guidelines
6 Weeks and Beyond	ROAD TO RECOVERY Pelvic Floor Muscle Training <ul style="list-style-type: none"> • Guided supervised PFMT to support your recovery journey • Integrated into return to activities for smooth transitioning Symptoms Management <ul style="list-style-type: none"> • Urinary incontinence • Increased urinary frequency • Bowel dysfunctions • Pelvic Organ Prolapse • Dyspareunia • Musculoskeletal symptoms from motherhood tasks • And more...
Exercise and Movement	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.

Clinical Naturopathy

Care for pregnancy and beyond

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)?





18-20 weeks	<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
34 weeks and beyond	<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

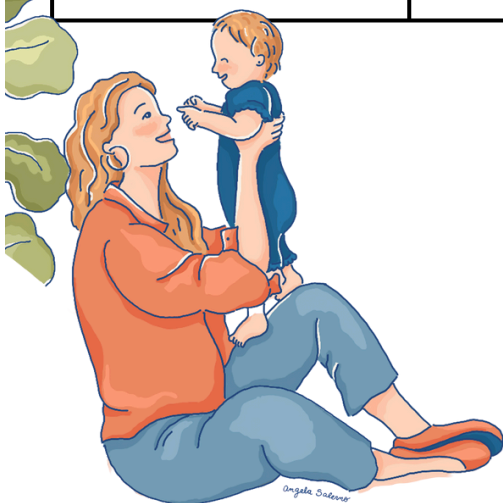
BIRTH PREPARATION

- 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)

POSTPARTUM 4-6 weeks

NOURISHING YOU AND YOUR BABY

- 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





Acupuncture

Care for pregnancy and beyond

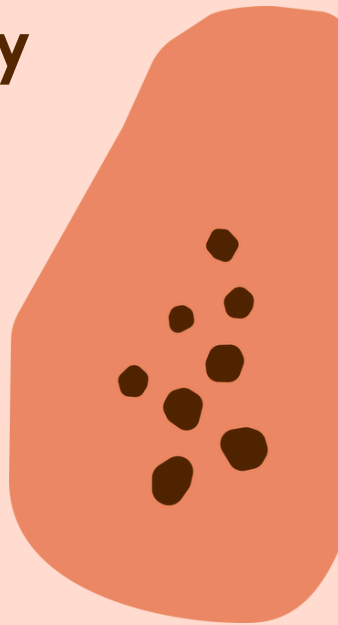
FIRST TRIMESTER 0-12 Weeks	SYMPTOM MANAGEMENT <ul style="list-style-type: none">• Nausea & vomiting• Depression or anxiety• Insomnia• Supportive care for those who have experienced recurrent miscarriage
SECOND TRIMESTER Week 13-26	STAY PAIN FREE AND WELL <ul style="list-style-type: none">• Pain pelvic & back pain, headaches, migraines & migraine prevention• Nausea & vomiting• Mood disorders: depression, anxiety, and stress-related symptoms• Insomnia & restless leg disorder
THIRD TRIMESTER Week 27-40	DELIVERY AND BIRTH PREP <ul style="list-style-type: none">• Breech or malposition from week 33• Birth Preparation: weekly from week 37-40• Labour stimulation from week 40• Pain pelvic & back pain, headaches, migraines & migraine prevention• Nausea & vomiting• Mood disorders: depression, anxiety, and stress-related symptoms• Insomnia & restless leg disorder
POST-PARTUM from week 6	NOURISHMENT AND ENERGY <ul style="list-style-type: none">• Pain: including episiotomy & post-operative C-Section pain• Postpartum depression or anxiety• Postpartum constipation

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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