

EMBRACE PROGRAM

Pregnancy & Postpartum Care

Designed by

Pelvic Health Physiotherapists
Women's Health Naturopaths
Clinical Pilates Team





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

We see you. We hear you.

<p>Between 12–20 weeks</p>	<p>SET THE SCENE</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>ASSESSMENTS</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
<p>Between 36-40 weeks</p>	<p>SUPPORT AS NEEDED</p> <ul style="list-style-type: none"> • Manage pelvic girdle pain • Pregnancy Massage for well being
<p>Exercise and Movement</p>	<p>BE ACTIVE THROUGHOUT PREGNANCY</p> <p>Attend Prenatal Small Group Studio Class in Newtown/ Leichhardt or 1:6 Clinical Reformer (Pre and Post Natal) in Leichhardt</p>

<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>

<p>14 weeks</p>	<p>SET THE SCENE + ASSESSMENT</p> <p>A Nutrient & Heavy Metal hair test is highly recommended to assess and improve your metabolic capability. A referral can be provided.</p> <p>Getting to know you - Personal Medical History, Family History, Diet and Lifestyle Patterns, Iris Analysis.</p>
<p>29 weeks</p>	<p>NOURISHMENT</p> <p>Monitor symptom changes and response to treatment from previous trimester.</p> <p>Address new symptoms e.g. constipation, reflux, thrush, blood sugar fluctuations.</p> <p>Adjust treatment plan and prescription of herbal/nutritional supplementation.</p>
<p>34 weeks</p>	<p>BIRTH PREPARATION WITH HERBAL SUPPLEMENTS</p> <p>Monitor symptom changes and response to treatment from previous trimester.</p> <p>Address new symptoms e.g. insomnia and nocturia, swelling of the ankles, face, and hands.</p> <p>Adjust treatment plan and prescription.</p>
<p>4-6 weeks Postpartum</p>	<p>NUTRITIONAL RESTORATION + MILK SUPPLY</p> <p>Addressing potential postpartum depression and exhaustion.</p> <p>Boost breast milk production and reduce mastitis.</p>



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

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

