

POSTPARTUM HEALTH FOR MOMS

regain your core strength



a new educational and practical class for your mind and body



CARITAS HEALTH GROUP

MISERICORDIA COMMUNITY HOSPITAL

16940 - 87 Avenue • Edmonton, Alberta T5R 4H5 • Phone: 735-2757

purpose of the class

This class will provide you with the education necessary to restore the strength and stability of your low back and pelvis after having your baby. Ideally you should wait a minimum of eight weeks after delivery to start this class.

HOW ARE WE GOING TO TEACH YOU?

The education will be both instructional (lecture and discussion) and physical (exercise). The information we will give you will include:

1

A brief description of the anatomy of the bones, joints and muscles of your low back and pelvis.

2

A discussion on how the low back and pelvis function during lifting, carrying, walking etc.

3

A discussion on how pregnancy changes the ability of the low back and pelvis to perform these tasks well (stability of your core).

4

Why it is essential to regain stabilization of your back and pelvis to avoid chronic low back and pelvic pain and to avoid prolapse of your uterus and bladder incontinence (leaking urine) in future years.

THE EXERCISES WILL TEACH YOU HOW TO:

Isolate your deep abdominals which have been stretched
and make them strong again

Retrain your stretched and perhaps torn pelvic floor muscles

How to progress your exercise program
effectively and properly



At the completion of this class you will have the necessary
exercise skills and knowledge to continue your program
at home or at an exercise facility of your choice.

To purchase the video "Postpartum Health for Moms"
produced by Diane Lee check out www.dianelee.ca

CLASS SPECIFICS

Classes will run weekly on Tuesdays from 1:00 to 2:00 pm for seven weeks.

Each class is one hour long.

If you are experiencing significant postpartum pelvic or low back pain, you should seek a consultative appointment with a physiotherapist at our clinic before entering this class.

LOCATION: The class will take place at the MISERICORDIA COMMUNITY HOSPITAL and will be taught by a PHYSIOTHERAPIST. We are at 16940 - 87 AVENUE, EDMONTON, ALBERTA T5R 4H5

COST: \$60 The fee includes all instructional material and exercise handouts, and parking passes.

REGISTRATION: Call (780) 735-2757 to register or to find out when our next session is.

Registration and payment must be received one week before the start date of the class to ensure a spot.

Your newborn is welcome to come, however you will get the most from this class if you are free from distractions. Please plan your baby care accordingly, and arrange babysitting for your toddlers. This class is for you, about you and requires you to be able to focus on your body.

*Give yourself a gift and
your body the conditioning it needs...
you deserve it!*