

## Postnatal Exercise Group at Link Health & Community

### Exercise after pregnancy

- 1 Return to exercise after birth
- 1 Strengthen your pelvic floor and abdominal muscles
- 1 Increase muscle strength to help with back pain
- 1 General strength and conditioning

### As part of the group you will have:

- 1 An initial physiotherapy assessment of DRAM, continence and strength, and discussion regarding your birth
- 1 1 hour exercise class run by physiotherapists including mat based Pilates, pelvic floor, general strength and cardio exercises
- 1 12 week duration
- 1 Maximum 8 participants per class
- 1 Ability to attend to your child during class as needed.

### Eligibility:

- 1 To commence the exercise classes you must be at least 6 weeks post birth
- 1 Have completed an initial physiotherapy assessment with Link HC physiotherapist prior to exercise class
- 1 We can only accommodate babies who are <9 months/ crawling minimally in the group, and they would be under your care during class. (If unsure, discuss with your physio)

### Fees are means/income tested:

- 1 Initial assessment fee is income/means tested.
- 1 Group fee per session is a standard rate for all income levels: \$10

### Referral:

- 1 No referral from a specialist is required, you can self-refer by calling 1300552509 and ask for a Physiotherapy assessment to join the Postnatal Exercise Group
- 1 You may wish to have your GP, Allied Health Professional or MCHN refer you, and they can do so by filling out the Link Health & Community Referral Form



You will need to have a medical clearance form from your doctor prior to commencing the group. Your physio will provide you with the form at your initial assessment.

### Time:

**Thursdays at 1:30-2:30pm**

### Location:

Link Health & Community Clayton  
Level 1, 9-15 Cooke Street, Clayton VIC 3168

There is stair and lift access to the Level 1. You may wish to just bring a capsule/carrier for ease of access and space within the group, but we will have space for prams as required.

### Contact:

**1300 552 509**

[Linkhc.org.au](http://Linkhc.org.au)