



# SAIFEE HOSPITAL

under the auspices of Saifee Hospital Trust Reg. No. E-5448 (Bom)

## ANTENATAL PROGRAMME

“We help you accept the challenges of mother hood more gracefully & make birthing a memorable experience”



Obstetric Physiotherapy is based on the knowledge & understanding of anatomy, physiology, social and psychological aspects of the different stages of child bearing.

The program aims at :

- Promoting good health and sense of well being during pregnancy
- Accepting physical and physiological challenges during pregnancy, delivery and after delivery more gracefully
- Giving women a platform to discuss their fears and expectations in a relaxed environment

### **PROGRAM STRUCTURE**

- ☞ Total 8 sessions, one every week
- ☞ Every Wednesday 12.30 p.m - 1.30 p.m
- ☞ Venue - Yoga Room, 9th Floor, Saifee Hospital

### **TOPICS COVERED**

- 1st session - Introduction to pregnancy and child birth
- 2nd session - Relaxation techniques and Breathing Exercises
- 3rd session - Lecture on Diet and Nutrition
- 4th , 5th , 6th session - Exercises in pregnancy
- 7th session - Breast feeding and Preview of Post- natal Exercises
- 8th session - Revision and Interaction

### **CRITERIA FOR REGISTRATION**

- Gynaec referral
- Ladies in their second trimester i.e 4th, 5th and 6th month
- 10 Expectant mothers/batch \*

For further detail please contact

**Dr. Swati M Sanghvi**

Asst. Manager & Sr. Physiotherapist  
Physiotherapy & Rehabilitation Medicine Dept.

**SAIFEE HOSPITAL**

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\* please register in advance