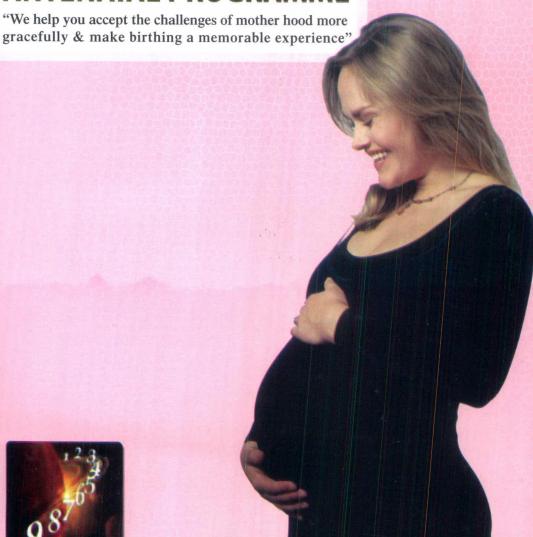


ANTENATAL PROGRAMME



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

- Every Wednesday 12.30 p.m ⋅ 1.30 p.m

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

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Physiotherapy & Rehabilitation Medicine Dept

SAIFEE HOSPITAL

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* please register in advance