

LOOKING TO REGAIN YOUR PRE-BABY BODY?

The Physiotherapy Centre at
Holy Cross Hospital can help!

Expert post-natal physiotherapy treatment

We offer one-to-one sessions
and group exercise classes with
our expert women's health
physiotherapist, to help you safely
get back your pre-pregnancy body.



1- hour assessment £60



Classes £80 for 8 sessions





Our specially trained physiotherapist Jenny Deeming will help you find relief from the physical demands of pregnancy and help you rediscover confidence in your body.

What we offer

- Treatment for tummy muscle separation (diastasis recti)
- Pelvic floor assessment and pelvic floor retraining to prevent and treat incontinence
- Advice for posture whilst breastfeeding and carrying your baby
- Treatment for post pregnancy pain including in the back and neck
- C-section rehab
- Return to sport rehab

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 @the_physiotherapy_centre
 @holycrossphysio/

Baby body bounce back exercise class

We also offer an 8-week exercise class, which has been designed for new mums. It focuses on the pelvic floor, abdominal and tummy toning and a safe return to exercise.

You are welcome to bring your baby to the class but no crawlers please.

The  **physiotherapy centre**
At Holy Cross Hospital

Contact us

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