

Post-natal Times

May 2021

Have you booked your Mummy MOT?

Pregnancy, birth and early motherhood certainly take their toll on our bodies. Find out more about the Mummy MOT and why you might find it beneficial to have one.

What is a Mummy MOT

A Mummy MOT is a thorough post-natal full body examination which assesses how your posture, pelvic floor muscles, and stomach muscles are recovering after birth.

Who can have a Mummy MOT

The Mummy MOT is suitable for women from six weeks post birth who have given birth vaginally or by C-section.

What happens during the MOT

Our specialist women's health physio Jenny Deeming will carry out your 75-minute assessment which includes:

- Full postural screen - Pregnancy can leave some muscles tight and shortened while others are loose and weak
- Pelvic floor assessment (with optional internal examination)
- Tummy check for possible tummy muscle separation
- C-Section scar management
- Screening for bladder / bowel and sexual dysfunction.

The assessment will highlight individual areas to work on such as core strengthening, pelvic floor retraining, leaking and/or urgency or advice about returning to sport.

Jenny will discuss your personalised plan and provide you with a Report of Findings. A follow-up appointment can be booked if it is needed.

How to book

The Mummy MOT costs £100. Contact us to book your appointment.



Discover the Squeezy app

Take a look at the NHS Pelvic Floor Muscle Exercise app if you need a gentle reminder to do your pelvic floor exercises.

Squeezy costs £2.99 and comes pre-set with an exercise plan so all you need to do is set your reminders.

The app also includes visual guides, a symptoms diary and options to modify the length of the pelvic floor contraction and how many times you do them in a day.

Search your app store for 'Squeezy' and if you are unsure about whether you are doing your pelvic floor exercises correctly, you can book an appointment with Jenny, our women's health specialist.

Contact us on [01428 647647](tel:01428647647) or email therapy@holycross.org.uk.



Retrain your bladder

Did you know that 9.6-million women are affected by bladder problems?

Having an overactive bladder can really affect your confidence and significantly impact on your everyday life.

If you find you are always looking out for the nearest loo when you're out and about, here are some distraction techniques you can employ to help retrain your bladder:

- Count backwards in 3s to 'ride the wave' of the urge to go.
- Push up on your toes -a clever trick which interrupts the path of the nerves telling your bladder you need to go.
- Keep a bladder diary so you can see if certain drinks are irritating your bladder.

For further advice and help speak to our women's health physio who can guide you on the best path to recovery.

Email therapy@holycross.org.uk to subscribe to this newsletter.

Baby Bounce Back Pilates

In this specialist Pilates class, our focus is very much on the needs of mums!

We focus on strengthening the pelvic floor, abdominal and tummy toning, posture – particularly around breastfeeding and carrying your baby, recovery after a C-section and a safe return to exercise.

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

Classes are booked in blocks of eight and cost £80.

Diastasis Recti – what is it

We have two long muscles called rectus abdominus which run down the front of our tummy on either side of our belly button.

During pregnancy, these muscles pull apart as the tummy gets bigger. After birth, muscles usually knit back together quite nicely but if they don't and the gap is more than 2.7cm, it is known as diastasis recti.

The easiest way to check if you have diastasis recti is to lie on your back with your knees bent up. Place your hand over your belly button and lift your head and shoulders ever so slightly off the floor.

If you pop your fingers in the gap, you should be able to feel your tummy muscles on either side. A gap that is bigger than two fingers in width is called a diastasis recti.

If you have diastasis recti, a women's health physio can advise on specific core strengthening muscle exercises to draw the rectus abdominus muscles back together. Plank, floor sit ups and obliques are not advised initially and can hinder recovery if used too soon.



Women's Health physio,
Jenny Deeming

Meet Jenny

Jenny Deeming is a qualified physio and specialises in women's health.

She is an accredited Mummy MOT practitioner and runs the Baby Bounce Back Pilates classes. Jenny also holds women's health clinics for the diagnosis and treatment of a range of post-natal conditions.

Contact us to book a Mummy MOT, an initial assessment with Jenny or to take part in the Baby Bounce Back Pilates classes. You can also follow us on Instagram @the_physiotherapy_centre or Facebook @holycrossphysio/