

Physical Preparation for Childbirth

Free classes

Run by The Women's Health Specialist Physiotherapy Team

Great Expectations: Staying fit, preventing pain in pregnancy

Learn ways to minimise discomfort during your pregnancy. We cover posture, back care, core stability, pelvic floor exercises and exercising during your pregnancy.

Suitable from 12 weeks onwards

Labour Stage 1: Optimising your experience

Understand how labour positions, breathing techniques, relaxation, massage and TENS can ease your labour.

Labour Stage 2: Delivery and beyond

Learn positions for the second stage of labour; coordinating breathing and pushing, instrumental deliveries and caesarean section.

Understand postnatal recovery including returning to usual activities and exercise.

We also advise on perineal massage.

Classes 2 and 3 are suitable from 32 weeks onwards and partners are very welcome to attend.

The Classes are approximately 2 hours long. Dates can be viewed on our website <http://www.royalsurrey.nhs.uk> (Under Educational classes in the Antenatal section of the Maternity Department). If you wish to book onto one of these classes please email rsc-tr.physio-RSCH@nhs.net or call **01483 464153**. **With your full name, Date of Birth, contact telephone number, expected due date of your baby and which classes you would like to attend.**

