



# PILATES PLUS PHYSIO

## Post Natal Classes

Having a baby is a wonderful experience which should be cherished. That smell of a newborn is something which should be bottled and sold on the shelf. That said, occasionally the changes to your body post pregnancy are a little less joyous.

Pregnancy affects the abdominal muscles. In order for your body to form that lovely bump, your abdominals must stretch to accommodate the changes to your body shape, and usually they will separate because of this process. This will ultimately weaken your abdominal muscles, which are such an important group of muscles as they support your back. Changes will also happen within your pelvic girdle- often pregnant women develop pelvic pain during pregnancy, which often drastically improves after giving birth. In some cases however, this can give rise to longer term problems- so it's really important to manage this correctly after your delivery. Depending on your type of delivery you may also have experienced changes with your pelvic floor and bladder control- believe it or not 30-40% of mothers have issues with their pelvic floor.

Often new Mums feel desperate to exercise as soon as possible after giving birth. This can be for a number of reasons- from the relative inactivity of the last few weeks of pregnancy, to shedding those extra pounds gained doing the coffee and cake rounds during maternity leave! Mums will then sometimes try to do too much too soon with high impact exercise which can often result in back, pelvic or hip pain.

We at Pilates Plus promote gently strengthening your core through Pilates, as



early as six weeks post delivery. This will mean that when you start upping the intensity of your exercise routine, to include running or your usual gym classes, you have encouraged your core muscles to do their job, and support your pelvis and back. It also means that your body is better equipped to cope with the new challenges motherhood will bring to your body- like lugging around a car seat complete with baby!

Pilates Plus have been running post natal Pilates classes for three years. All our instructors are experienced physiotherapists, so we can be really sure that you are exercising in a safe environment, and that the exercises are appropriate. We will work at gently re-educating and strengthening your core muscles, including your abdominals, back muscles and the muscles around your hips. The classes also focus on gentle stretching and postural alignment.

You can attend our classes after your six week check with your doctor- and the best thing about it is that your baby can come too! The classes are fun and very relaxed and a chance to do something for you..... and afterwards you will feel you have earned that coffee with your friends!

**What our clients say...**

*"I can highly recommend Pilates plus if you want to regain strength post pregnancy. Tess, Laura and their team know their stuff and what I like is that the classes can be tailored to your own level, so you can push yourself depending on your energy levels! The babies love it too and it doesn't matter how loud they cry! A great way to do something for you while spending time with your baby too."* Gill

*"I've attended Pilates Plus classes after both my babies and have found it great to help get me back into shape. The instructors run fun, enjoyable classes, always giving you different options for most exercises so you can work at your own pace. It's great being able to do something for you while spending time with your baby, and*

*the tea and chat before or after is invaluable too! I would highly recommend this fun and friendly class."* Louise

*"I have used Pilates Plus after both my babies - attending a class and also getting individual tuition, and I really recommend it. The girls give excellent guidance and advice and really helped me get back into exercise following childbirth. Thanks very much PP!!"* Kirsten

**So why not get in touch?**

We can answer any questions or concerns you may have prior to joining the class and give you further information, and start dates of the next block of classes.

Email: [talk@pilatesplusphysio.co.uk](mailto:talk@pilatesplusphysio.co.uk)

Call: 0797 177 8962

[www.pilatesplusphysio.co.uk](http://www.pilatesplusphysio.co.uk)

## **PILATES PLUS PHYSIO**

### **Post Natal Classes**

We run post natal classes at:

**Marchmont St Giles, Kilgraston Road**

Thursday 2.30-3.30pm (Beginners)

Thursday 3.30-4.30pm (Intermediate)

**St Ninians, Comely Bank**

Wednesday 2.45-3.45pm (All levels)



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[www.pilatesplusphysio.co.uk](http://www.pilatesplusphysio.co.uk)

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