

'Yummy Tummys 4 Mummies' Exercise Class

Pre Class Information

Thank you for considering joining the 'Yummy Tummys 4 Mummies' Exercise Class.

The class is designed to help retrain your abdominal muscles to: support your spine in a good posture; become stronger to help you lift and carry; and make your tummy look a whole lot flatter! You will learn how to stabilise your spine and be given 'real-life' tips on back care. Pelvic floor muscle training exercises will be taught. You will be provided with an exercise card and continence advice card.

Benefits include:

- *Reducing the chance of developing back pain
- *Promoting continence
- *Boosting your morale

The classes are run by a **Chartered Physiotherapist**, who can provide expert professional advice and exercises to maximise the benefit gained. The class is designed exclusively for mums and we are sure you will find the classes friendly, motivating and enjoyable.

A simple written record will be kept by yourself and the physiotherapist at each attendance to help monitor your progress. This will be kept on site.

We recommend attending for six consecutive weeks, once a week. Each class runs for one hour. A maximum of 8 ladies per class allows for excellent supervision.

Dress code: It is a good idea to **wear close fitting garments**, as this will allow the Physiotherapist to monitor your posture/position more carefully, and it is easier to observe you doing your exercises to ensure you are performing them correctly.

If you have a medical condition that could be aggravated by your participation in the class, it might not be appropriate for you to enrol. Please don't hesitate to consult us and/or your doctor if you are in any doubt as to your suitability, before you enrol.

If you would like to enrol:

Please first **check availability and make a provisional booking.**

Please fill in the **Registration Form and Business Agreement Form and return these together with your payment** to the clinic to secure your place. When you arrive for your class, you will see two entrances to the clinic, please use the one to the right, which takes you to the Exercise Studio.

Parking is limited. We try to keep the spaces outside the door available for patients attending individual appointments. Alternatively there is parking a two minute walk away between the business park and the traffic lights. If your class is in the evening, parking within the business park should be easy.

Please do not hesitate to contact the clinic if you require any further information.
We look forward to meeting you.

Is your body fit to be a Mum?

Only since becoming one myself, have I appreciated how physically demanding being a mum really is.

No wonder so many mums end up with back pain!

Being pregnant massively stretches your abdominal muscles and when your baby is born they are suddenly rendered loose and floppy. This is not great timing with the repetitive stresses and strains your body is about to encounter. Suddenly your body is expected to lift and carry a rapidly growing bundle, as well as all the equipment that comes with it! **Your abdominals are desperately needed more than ever in their crucial role of stabilising your spine and pelvis** and actually preventing your back from “buckling” under the sudden increased strain applied to it. But they are like jelly - HELP!

‘Help’ is exactly what is required to, as quickly as possible, return the wobbly tummy to its former glory!

As a recent “physiotherapist mum” I honestly could not believe how dire my abdominal strength and control had become, let alone how blobby it looked! I realised that drastic action was needed to redeem my abdominals to an efficient state, as quickly as possible, to minimise the chance of developing a back or pelvic joint problem. Due to the **hormones your body produces when pregnant the ligaments become slack**, and the effects can last for up to 6 months after your baby is born. This renders your joints less stable than normal, therefore **muscle strength and support is even more important to compensate for this.**

As well as trying to do some brisk daily walking for general fitness, I embarked on regular exercises to bully my abdominals into action! I am fortunate that I know what I am doing and know whether an exercise is safe.

Be warned! If abdominal exercises are performed inappropriately or incorrectly they can do much more harm than good! **The wrong exercises can increase the strain on your back, increase the strain on your pelvic floor (continence muscles) and actually make your tummy bigger!**

Pelvic floor muscle exercises are vital, and having the understanding as to why it is so important to do them spurred me on! The thought of being **incontinent** now or later was enough encouragement for me! At first, post natally, I found it incredibly difficult to ‘tune in’ to my pelvic floor muscles, they had been traumatised and weren’t very obliging. It felt as though there was ‘nothing happening’ at first! However, perseverance paid off and has reinforced how essential it is for us as physiotherapists to motivate our patients to do these exercises.

Sometimes, despite your best intentions and efforts, you think you are contracting your pelvic floor muscles when in fact you are not! Research shows that a lot of women who think they are performing a pelvic floor exercise are actually not contracting their pelvic floor muscles, and are therefore more likely to develop continence problems. Physiotherapy for incontinence is very effective, so don’t feel you have to live with it.

For those that struggle despite their best efforts, help is at hand with our specialist **Women’s Health Continence Physiotherapist**, who can provide a professional assessment and treatment plan to meet your individual needs. Please don’t hesitate to ask about making an appointment with Suzanne Willacy, our Women’s Health Physiotherapist.

There is plenty of help and advice about how to look after your baby, but you must look after yourself too!

Unfortunately there has been a **lack of professional advice for new mums.**

That is about to change with our **new exercise classes**, run by **Chartered Physiotherapists**, exclusively for **MUMS:**

Yummy Tummies 4 Mummies!





Designed by Chartered Physiotherapist, Catherine Turner.

If you do nothing, **you are at risk of developing back pain and/or incontinence.**

Why not enrol today?

The statistics speak for themselves - Please don't become one!

Yummy Tummies 4 Mummies Exercise Classes include:

-  **Abdominal Muscle Training Exercises**
-  **Pelvic Floor Muscle Training Exercises**
-  **Real-life advice on lifting, carrying etc.**
-  **Back care and postural advice**

Additional Benefits!!

You will look and feel better as your tummy will become flatter.

Exercise can help combat post natal depression and generally give your morale a boost.

'Yummy Tummies for Mummies'
Business Agreement Form

Please fill in the dates you have provisionally booked below. Once we have received your forms and payment, your booking is secured and we will send confirmation and a receipt.

Your **first class** will take place on _____

Your **last class** will take place on _____

Time of Class _____

Terms of Business:

The fee for enrolling on the 'Yummy Tummies for Mummies' exercise class programme is £60 for a booking of 6 consecutive classes.

Please make cheques payable to "Lakeland & Lunesdale Physiotherapy"

Payment is non-refundable. No reimbursement will be made for failure to attend the classes. It is not possible to alter the dates or times of classes after enrolment.

Cancellation Policy:

In the event of you cancelling within a reasonable period prior to the first class we are under no obligation to reimburse.

However, if we are able to find a replacement participant then the clinic will reimburse the fee, less a £10 cancellation fee.

Disclaimer:

Every precaution will be taken by our physiotherapists to ensure your safety. You acknowledge that you are aware of the nature of the classes and that some elements will be physically demanding, and that you are aware of the risks involved. You agree that you are physically capable of participating and accept full responsibility for your own participation in the class. You agree that should any medical or physical reason arise prior to or during the class which is likely to affect your ability to safely participate that you will inform the physiotherapist and agree to withdraw from the class. Lakeland & Lunesdale Physiotherapy & Sports Injury Clinic Ltd's liability for personal injury, death or loss or damage to property is limited to any damage so caused as a direct result of the negligence of the company or the physiotherapist. We shall not be liable to you for any indirect or consequential loss or damage including loss of earnings arising from your participation in the classes nor for an aggregate amount greater than the fee paid for the classes.

We can accept no liability for personal injury related to participation if you have been advised against such exercise; you fail to observe instructions on safety or technique; such negligence is caused by another class participant.

Client Declaration: I have read the above terms of business, cancellation policy and disclaimer, and confirm that I agree to these terms and conditions. I confirm that I have received and read the pre class information sheet.

Signature _____

Date _____

Full Name _____

‘Yummy Tummies 4 Mummies’ Exercise Class Registration Form

Name _____ Date of birth _____

Address _____

Telephone No. Day _____ Eve. _____

Occupation _____

Emergency Contact _____

G.P. _____ Practice _____

Your most recent pregnancy:

What date was/were your babies born? _____

What was the weight of your baby/babies? _____

Type of delivery: Normal Assisted Caesarean

(please tick)

Hospital _____

Additional Comments (Twins/complications) _____

Are you breastfeeding at the moment? YES NO (please tick)

If NO:

Have you been breastfeeding and now stopped? YES NO (please tick)

If YES, when did you stop? _____

Previous Pregnancies

Do you have any other children? YES NO (please tick)

If yes please list the dates of birth and type of delivery

Please list your medical and surgical history _____

Please list your current medication _____

Have you ever taken oral steroids? YES NO (please tick)
If YES please give details _____

Do you take blood thinners? YES NO (please tick)
If YES please give details _____

Have you recently been on any other drugs not listed above?
(For example antibiotics)

Do you have any form of incontinence? YES NO (please tick)

Do you have back or pelvic pain? YES NO (please tick)

What activities/positions aggravate your back pains? Please circle/highlight.

Sitting	Driving	Bending Down	Lowering something down
Standing	Walking	Lying Down	Lifting something up
Carrying	Coughing/sneezing	Other	_____

Is there any other information which might be relevant?

Signature _____ Date _____

Full Name

Directions to the Exercise Studio
@ Lakeland & Lunesdale Physiotherapy & Sports Injury Clinic Ltd



From the South (M6 & A6 Northbound)

- Exit M6 at Junction 35, take the first turning on the left towards Carnforth
- Head down the dual carriageway and at the roundabout turn right following the signs for Kendal along the A6
- At the next roundabout head straight on and continue (A6) to Milnthorpe
- At the cross roads/traffic lights in Milnthorpe turn left
- Then take the second entrance on your right into Bridge End Business Park
- The clinic is just to your right, enter the right hand door

From the North (M6 & A6 Southbound)

- Exit M6 at Junction 36, turn right onto the dual carriageway (A6) towards Kendal and the Lakes
- Turn off the dual carriageway at the sign for Barrow
- At the roundabout at the bottom of the slip road turn first left, still following the signs for Barrow
- Take the next main turn on the left signposted for Milnthorpe and Levens Hall
- Turn left at the T-junction. Stay on this road (A6) for 2 miles to Milnthorpe
- At the crossroads/traffic lights in Milnthorpe turn right
- Then take the second entrance on your right into Bridge End Business Park
- The clinic is just to your right, enter the right hand door