



We're here to heal

Our therapist, Joanna received her training in pelvic floor dysfunction at the HermanWallace Institute at the John Hopkins Bayview Medical Center in Baltimore, Maryland.

Her yearly attendance at The Birth Healing Summit ensures that she continues to expand her pelvic floor treatment toolbox for expectant mothers.

Her 40-year Orthopaedic physical therapy expertise along with 17 years experience in treating women's pelvic floor issues, makes her the ideal Physical Therapist offering Pre Natal preparation and Post Natal recovery.

Contact Us

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Core PRE/POST NATAL Training for Optimal Delivery + Recovery from:

- Incontinence & prolapse from vaginal delivery
- Abdominal scarring from C-section delivery
- Perineal scars from tearing and episiotomy
 - Diastasis recti



Aurora[♂]
Centre_♀

Pelvic Solutions | Personalised Care



Strengthening Your Post-Natal Core

Giving birth is like a marathon that requires physical strength and endurance for optimal daily activities. Strengthening those deep abdominal muscles known as the “CORE” will expedite your post-natal recovery. They will also help prevent those conditions such as prolapse and incontinence, along with reducing that feeling of complete exhaustion after birth delivery.

Note: Neither Kegel exercises (on your own) nor standard CORE routines such as sit-ups, crunches or leg lifts have the potential to directly strengthen your core.

Strengthening Your Pre-Natal Core

Strengthening your core requires a more precise and intensive programme that is appropriate to your condition, and one that specifically caters to the safety needs of you and your baby.

Our regular exercise programme can give you these advantages:

- Shorter Labour period
- Reduced risk of a C-Section
- All of which can result in an easier delivery

Personalized Care

Our pelvic health expert will give you one-on-one training and coaching for developing CORE strength to ensure an easier pregnancy, delivery and post-natal recovery.

Your Preparation Begins with Us

Training Techniques

- 🌸 **Biofeedback Training** A useful and non-invasive adjunct to surgery with no side effects.
- 🌸 **Develop and Learn an Awareness of Your CORE**
Rebalance your posture to automatically use your core muscles for activities such as sitting, standing, lifting, getting in and out of bed, and your car.
- 🌸 **Stretch the Muscles Attached to Your Pelvis**
This enables your pelvis to open up for the birth of your baby without tearing your perineum.
- 🌸 **Strengthen and Train Your Muscles** to maintain proper body alignment to lift and carry your baby, AND to avoid upper and lower back pain.
- 🌸 **Strengthen your Pelvic Floor Muscles** to avoid pelvic floor issues such as incontinence, prolapse and constipation.
- 🌸 **Strengthen Abdominal Muscles to Avoid Diastasis Recti.**
- 🌸 **Learn to do Perineal Massage to Alleviate Delivery Tearing**
- 🌸 **Birthing Positions that are Most Comfortable for You.**