

Physiotherapy

“Preparation for labour session”

Our obstetric physiotherapists provide an antenatal class to help you prepare yourself for labour.

It includes:

- Pregnancy advice, stretches and exercises
- Positioning during the stages of labour
- Breathing and relaxation techniques
- Practical use of birthing balls and beanbags
- Pain relief options including use of TENS
- Tour of delivery wards

There are both evening and day sessions, held on a Thursday, depending on availability. Please book on as early as possible (preferably before 25 weeks) as places are limited.

To book on:

Please send in the physiotherapy **‘Preparation for labour’ booking form** (sent in your first scan appointment pack), to the Physiotherapy Rehabilitation department. (If you have misplaced this form, please pick up a spare one from the maternity reception desk.)