



Wollongong Performance Centre
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Wollongong
65 Auburn Street | 02 4227 1990

Woonona
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15/3 Brown Street | 02 4233 1851

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78 Bridge Road | 02 4422 7715

www.baimedphysio.com.au



Pregnant and experiencing discomfort?

Did you know?

A Pregnancy Physio treats much more than your pelvic floor

As you progress through pregnancy you'll notice changes in your body that may bring about debilitating aches and pains. There is no need to put up with them.

At BaiMed Bumps we strongly believe in the power of movement and maintaining optimum physical health through all stages of pregnancy and during your post-natal period.

Our qualified team of female Pregnancy Physiotherapists will guide you along and give you the confidence to move during this exciting time in your life.

If you have exercised regularly and wish to continue throughout your pregnancy we can provide you with personalised programs to ensure exercise peace of mind, keeping you and your baby safe.

What Bumps involves

- Physical assessment of any pre and post-natal musculoskeletal conditions.
- Hands on physiotherapy, supportive garments and exercise prescription where required.
- Strategies for managing pain in child birth (including acupuncture if appropriate).
- Education about the changes that occur to your muscles and ligaments.

BaiMed Bumps Physiotherapy is here to guide you through your pregnancy by helping with all things physical. Set your mind at ease and stop putting up with those aches and pains.

Make your pregnancy a more enjoyable experience.

Contact BaiMed Bumps on 02 4227 1990
or bumps@baimedphysio.com.au

Children welcome at all appointments

