

Postnatal rehabilitation



Presented by

Kath Banks

Pregnancy is one of the most amazing experiences a female human body can experience – but unfortunately the extra load and expansion can leave some undesirable postnatal effects.

One in three mothers will experience incontinence, and up to 50% have diastasis rectus abdominis (DRA) immediately postpartum. Weakness in these areas, together with other hormonal and postural changes and the constant feeding and carrying of a newborn, can lead to a new mother feeling physically and mentally vulnerable.

It's therefore imperative for movement specialists to be very sensitive to mothers' needs and be able to prescribe and effectively instruct optimal postnatal rehabilitation exercises.

The workshop will provide participants with increased theoretical knowledge and practical application, including:

- knowledge of common changes experienced by a postnatal mother
- hands-on experience to assess and prescribe exercises for DRA
- increased ability to cue / instruct effective engagement of pelvic floor and TA
- variety of exercises / repertoire with a specific focus on optimal load
- increased confidence with hands-on instruction to both assess and assist effective execution of prescribed exercises.



Kath Banks

- Advanced Diploma of the Pilates Method (91490NSW)
- Masters of Clinical Exercise Science & Rehabilitation
- Bachelor of Applied Science (Human Movement)
- PAA – Principal Trainer
- ESSAM, Accredited Exercise Physiology
- Cert IV Training & Education (TAE40110)

- Owner, Aligned for Life Pilates, Moonee Ponds
- Faculty Educator, National Pilates Training

Postnatal Rehabilitation

Saturday 15 Sep 2018, 2:00 pm – 6:00 pm

Aligned for Life studios, L 4, 370 Lt Bourke Street, Melbourne

Suitable for... studio and matwork qualified Pilates Instructors, allied health professionals

Materials... will be supplied electronically

Assessment will include... short pop quiz.

Continuing Education Points

PAA PDPs = 4 pts TBC APMA CECs = 4 pts TBC ESSA= 4 pts TBC

Cost \$200.00

How to register?

Book now via the Mind Body Online [website](#)

