

## Frequently Asked Questions

### ***What should I do if I cannot make a class?***

Telephone (029) 2074 4728 and leave a message to let us know (you do not need to speak to us directly). You are only given the 4 sessions, we cannot rebook to another week as the classes run in 4 week blocks.

### ***What happens if I do not turn up to a class?***

You will be discharged from Physiotherapy.

### ***What if I cannot do the exercises?***

If the pain is too severe, the physiotherapist will advise you as to alternative exercises. If the class seems to be exacerbating your symptoms, you will need to speak with the physiotherapist. Ask during the class and we will advise you appropriately.

### ***What happens when I have had my 4 sessions?***

As long as you have attended all sessions, you will be kept on the physiotherapy system until 1 month after your due date. It is up to you to complete the daily exercise program to manage your symptoms.

If by the end of the 4 sessions, there has been no improvement, you will need to speak with the physiotherapist for advice.

**Pelvic and Back Supports** can sometimes be useful in relieving the pain associated with either the weight of the baby or the loosening of the ligaments around the joints in your body.

The majority of supports are for use in standing and walking postures and can be uncomfortable while sat down or lying. These supports are no-longer provided by the Department of Physiotherapy.

There are a number of places where you can buy these belts:

***www.promedics.co.uk 01475 746 400***  
***Mothercare (In-store or online)***  
***www.physio-med.com 01457 860 444***

The prices range from £15—£40

It is advised that you seek advice prior to purchasing a support belt. You can speak to your Physiotherapist at the class. If you purchase a belt, try it for at least 2 weeks to see if it benefits you.

**Tel: (029) 2074 3691 / 4728**

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## Antenatal Exercise Class



**PHYSIOTHERAPY**

**University Hospital of  
Wales**

**Tel: (029) 2074 3691 /  
4728**

## **So you have been referred to Physiotherapy, what happens now?**

Thank you for contacting the Department of Physiotherapy to book a date and time to attend the 4 week antenatal exercise program. If your midwife gave you a referral, please bring it with you, along with the attached questionnaires.

Please complete the attached questionnaires as fully as possible. The information you provide will help your physiotherapist to decide on the best form of treatment for you. If you forget these forms on the day or if you do not complete them fully, you will be expected to complete them at the class on your first visit or rebook to attend another time.

If you feel for any reason unable to do the class, due to illness or severe pain, please speak with one of our team. We especially ask that you do not attend if you have suffered from diarrhoea & vomiting in the last 48 hours.

## **What exercises should I expect during the class?**

The class is designed in the principles of Pilates, a gentle and low impact form of exercise. The focus is on improving your core strength, balance and flexibility. You should find the exercises fairly simple and the physiotherapist will guide you through levels of difficulty so that you feel appropriately challenged. You can participate at a level that you find comfortable and manageable, challenging yourself as you feel able.

It is important that the quality of movement is of a good standard and the aim of the class is to teach you the correct techniques so that you can complete an exercise program each night.

Core strengthening, improved flexibility and postural awareness have been found to be very effective in reducing back pain, pelvic pain and hip pain related to pregnancy. However, you need to be proactive and complete an exercise program of 10—15 minutes most days.

Once you have attended your 4 sessions, you are expected to go home and continue with 10-15 minutes of exercise each day as a minimum. You can focus on the exercises your physiotherapist has advised will be the most beneficial for your symptoms.

There is an exercise leaflet attached in this pack. Please keep hold of it, as this will help to remind you of the exercise techniques you have learnt in the class.

**You must make every effort to attend the class on time. Anyone who does not attend and fails to contact us to cancel will be discharged from the Department of Physiotherapy. Anyone who arrives more than 10 minutes late for a class will be turned away. We are also unable to accept toddlers into the classes due to health and safety risks.**

If you want to continue to attend an exercise class regularly, there are a number of options:

**Bump into Action**

**Antenatal Yoga**

**Aqua natal**

**Pilates**

**Personal Training**

Please ask for more information at the class.