

Physiotherapy Advice During Pregnancy

We understand that pregnancy is not always an easy ride so we, as a physiotherapy team have developed an information page to give you hints and tips that should help you along your journey.

We have created some short videos that you can view at your own leisure and have included links to leaflets you can download and websites that you may find beneficial.



Video's Include:



- Keeping fit and active in pregnancy:
A short video that gives you advice on posture, how to make everyday tasks easier and some gentle exercises and stretches
- Managing symptoms of Pelvic Girdle Pain in pregnancy:
A short video giving further information on the management of Pelvic Girdle pain during pregnancy

If you continue to experience trouble with Pelvic Girdle pain after following the advice provided please fill in the referral form and get this signed by your midwife, consultant or GP.

- Visit our page at:
<https://abuhb.nhs.wales/hospitals/a-z-hospital-services/physiotherapy/pelvic-health-physiotherapy/>
- Search for "Pelvic Health Physiotherapy ABUHB" in your internet browser
- Or scan the QR code for quick access to the Health Board internet site via your smartphone



This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg