

FAQs

DO I NEED A REFERRAL TO SEE A PHYSIOTHERAPIST OR EXERCISE PHYSIOLOGIST?

No referral is required to commence our pre and postnatal classes, however, medical clearance to exercise from your GP or obstetrician is advised.

I'M PREGNANT - WHAT CLASSES CAN I ATTEND IN YOUR STUDIO?

Provided you are not a high-risk pregnancy, you can attend any of our classes including our fitness classes up to 12 weeks of your pregnancy.

After 12 weeks, fitness classes (Reformer Pilates, Mat Pilates, Yoga, TRX, Barre and Strength and Conditioning) are no longer appropriate, as it is generally not possible for the exercises in these classes to be modified and tailored to the required level in a group environment.

From the 12th week of pregnancy we recommend attending our Clinical Rehab or Clinical Strength, Studio Pilates and Pregnancy-specific classes.

Please note that if you are new to the studio or you have not previously attended these types of classes at The Body Refinery, you will be required to attend an Initial Assessment, as the programs in these classes are individualised. An Initial Assessment is essential if you would like to claim these classes on private health.

An alternative may be to have private (1:1) sessions, which will allow you to have your practitioner's/instructor's full attention.

I AM PREGNANT. HOW CAN I STILL ENJOY A REMEDIAL MASSAGE?

The Body Refinery's Pregnancy Massages are remedial massages that use our wonderful Belly Bag or Pregnancy Pillow. This allows you to lie in a prone position (on your tummy), so that you can experience maximum relaxation and release.



STUDIO LOCATION

The Body Refinery

2/15 Lamington Street, New Farm QLD 4005

Phone: (07) 3358 3915

Email: info@thebodyrefinery.com.au

Web: www.thebodyrefinery.com.au

Opening Hours

Monday - Thursday	6:00am - 8:00pm
Friday	6:00am - 5:00pm
Saturday	7.30am - 2:00pm
Sunday	Closed

WOMEN'S HEALTH



From general treatment to recovery and exercise, our specialised Women's Health practitioners are here to help and guide you.

They will ensure you are doing the right things to look after your health and the health of your baby, during and after your pregnancy.

We offer a wide range of pre and postnatal classes as well as private treatment and exercise options so we can be at your side every step of the way.

PHYSIOTHERAPY

Our Women's Health physiotherapists provide treatment options for:

- Pregnancy and postpartum concerns, including:
 - Pregnancy-related pelvic pain (sacroiliac or pubic symphysis pain)
 - Postnatal thoracic pain
 - Rectus diastasis
- Bladder and bowel concerns (incontinence, OAB/urge, constipation)
- Pelvic organ prolapses

WHAT SHOULD YOU EXPECT AT A WOMEN'S HEALTH PHYSIOTHERAPY APPOINTMENT?

The first appointment with any new patient is 45 minutes in length. Following the initial discussion, a physical examination may be performed. This is different for everyone, depending on the predominant issue, though can include:

- Posture and functional movement assessment
- Examination of the myofascial system
- Pelvic examination (internal and external), including:
 - Functional tone and activation of pelvic floor muscles and pelvic organ prolapse presence
 - Real-time ultrasound of abdominal muscles or pelvic contents
 - Biofeedback assessment of pelvic floor function

Throughout the examination, your physiotherapist will explain the process and discuss what your treatment should focus on, as well as what your expectations are, in order to work towards your recovery goals.

SPECIALISED CLASSES WITH A PHYSIO

Pilates is one of the safest way to exercise during and after pregnancy. Our group class are 45-minute long with a maximum of 6 participants.

Our pre and postnatal options with a Women's Health physiotherapist include:

- 1:1 sessions. Ideal if you would like a personalised session using all our clinical equipment.
- Reformer Pregnancy Conditioning Classes. Suitable for pregnant women from 12 weeks to 38 weeks.
- Mum and Me Classes allow new mums to bring bub and still get a workout.

EXERCISE PHYSIOLOGY

Our Women's Health Exercise Physiologist can help you manage diverse conditions such as:

- Gestational diabetes
- Hypertension (high blood pressure)
- Weight management
- Psychological well-being (depression, anxiety)
- Low back and neck pain
- Pelvic floor training including grade 1 and 2 of prolapse
- Diastasis recti, muscular imbalances, core retraining

SPECIALISED CLASSES WITH AN EP

Here are our pre and postnatal options with a Women's Health Exercise Physiologist:

- 1:1 sessions. Ideal if you are unfamiliar with a gym-based setting or if you would like an even more personalised session.
- Power Pregnancy Classes. A class geared towards strength training to support the postural changes, keeping you fit, strong, pain-free and energised.
- Strong Mums Classes. Working through appropriate lifting, carrying, pulling and pushing technique to avoid overuse or injury. Bubs are welcomed.

Our group class are 1-hour long with a maximum of 4 participants.



PREGNANCY MASSAGE

Pregnancy Massage is a combination of relaxation and remedial massage that is adapted to suit the many physical changes that can occur during pregnancy.

Our therapists will use various degrees of appropriate hands-on pressure during your massage, according to which trimester you are in. This will help to reduce your pain and discomfort and restore function to your muscles, nerves, fascia and other connective tissues.

Massage during pregnancy is totally safe and brings many benefits such as:

- Reduces stress and anxiety
- Releases sore back & hips (sciatic pain)
- Helps with headaches associated with pregnancy
 - Alleviates sleep deprivation and tiredness
 - Relieves muscle spasms and cramps
 - Minimises swelling and fluid retention
 - Increases blood circulation

Mums-to-be may choose between lying face down using a specially designed bean bag or enjoy the treatment lying on their side or in a seated massage chair.

