



# the fix program™

The Fix Program was developed by physiotherapists and all of our small format classes are taught by highly trained physiotherapists. There are never more than 4 in a class so we can individualise and adapt exercises as we need for each woman. She is assessed prior to attending her classes, so exercise modifications can be discussed and planned for considering her level of fitness and presence of pre-existing pregnancy or pre-existing movement dysfunctions, birth outcomes, pelvic floor health and pain.

The Fix Program classes for Pregnancy and Post natal combine postural core stability exercises, pelvic floor strengthening and awareness, stretching and mobility exercises to target those areas needing attention during pregnancy, labour and beyond.

There is also an educational component to the program including handouts on physiological changes during pregnancy, active labouring postures and safe handling suggestions once the baby arrives.

Classes are held once/week for 60 minutes over 10 weeks.

Client name.....

Estimated or actual delivery date.....

Clinical Notes.....

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I have examined ....., and in my opinion there is no evidence which indicates a pre-existing condition, medical diagnosis or other issue related to her pregnancy which would cause her to be incapable of, or unsuitable for participation, in The Fix Program for Pregnancy classes.

Signed.....

Date.....

Doctor's Name.....

Registration Number.....