



## the fix program™

The Fix Program was developed by Physiotherapists and all classes are taught by highly trained Physiotherapists.

The Fix Program for Pregnancy combines state of the art core stability exercises, pelvic floor strengthening, 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 45 minutes-60 minutes over 6-10 weeks.

Client name.....

Estimated delivery date.....

Clinical Notes.....

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I have examined ....., and in my opinion there is no evidence which indicates the pre-existence of a condition or medical diagnosis, 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.....