
POSTNATAL INFORMATION GROUPS

Now available at Peak Physio



Group information sessions

- Guidelines for return to exercise
- How to retrain your pelvic floor
- How to complete your pelvic floor program
- Accurate answers for common questions
- Open forum for discussion
- Support persons welcome

Come along for accurate education, advice, and guidelines from qualified physios on physical expectations and return to activity after childbirth.

Whether you have given birth conventionally, via c-section, or you would just like to know more, you will find access to information based on current evidence and/or professional opinion in our sessions.

\$20
per person

Find out more about our supervised, small group Pilates classes, and clinical assessments of the pelvic floor.

Call or email for more info

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