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• Dine In • Take Out • Delivery

Stop living in the statistics. Physiotherapy can help

• It is well known that almost half of all pregnant women and 25% of postpartum women suffer from pelvic and/or low back pain

• 1 in 2 childbearing women will suffer with some form of pelvic dysfunction, including pelvic pain, incontinence and prolapse.

• Over 40% of women experience Urinary Incontinence during their first pregnancy and up to 25% of women after their first pregnancy will experience altered fecal continence.

• Like incontinence, prolapse is common, with 1 in 2 women experiencing some degree of prolapse. Common symptoms that occur with prolapse are sensation of heaviness, irritation, pressure or pain.

• In a large study of women after their first pregnancy; 62% had pain with intimacy at 3 months post partum

ERAMOSAPHYSIO

Did you know that after pregnancy it is COMMON, but not NORMAL to suffer from:

1. Low Back Pain
2. Incontinence
3. Pelvic Organ Prolapse
4. Sexual Dysfunction
5. Pelvic Pain
6. Block Ducts and Mastitis

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