

OTHER TREATMENTS AVAILABLE AT ST JUDES

As well as Pilates, St Judes also offer the following treatments:

- **Physiotherapy**—to treat general problems and specific pregnancy related problems such as: symphysis pubis dysfunction and stress incontinence.
- **Acupuncture**—fine needles are inserted into the body to help relieve pain and relax the body in this gentle Traditional Chinese Medicine method.
- **Massage**— relax tired and aching muscles with a gentle massage. This may help to improve headaches, back and joint stiffness and aid restful sleep.

ST JUDES CLINIC

26 Lake Street
Leighton Buzzard
Beds LU71RX

Tel: 01525 377751
E-mail: enquiries@stjudesclinic.com



Useful contacts:

APPI—Only European Pilates institute founded & directed by physiotherapists.
www.ausphysio.com
Tel: 0845 370 2774

CSP—Chartered Society of Physiotherapists.
www.csp.org.uk
Tel: 0207306 6666

Pregnancy Pilates from



ST JUDES CLINIC

- Pilates in safe hands

Your body undergoes some amazing changes throughout pregnancy, both physically and emotionally. Stay in shape safely, relax and keep aches and pains away with Pregnancy Pilates from St Judes.



Tel: 01525 377751

Pregnancy Pilates from St Judes - from 3 months to 1 year following birth

Exercise is very important in pregnancy – but it is important that it is the right form of exercise. Pilates is a toning and conditioning exercise programme that concentrates on strengthening and stabilising the muscles of the abdomen, pelvis and spine.

Why exercise?

Strengthening your core muscles will help to support the extra weight of the baby and help to keep your joints stable. A strong pelvic floor may help to reduce damage during delivery and help to avoid problems with incontinence, haemorrhoids or prolapse of the pelvic organs after birth.

Need to relax?

Pilates works on lengthening and relaxing muscles and on focused breathing - it's your time to unwind and de-stress.



**Practice Principal & Pilates Instructor
Moira D'Arcy**

Why come to us?

At St Judes we offer Pilates with a difference; our Australian Institute Pilates Instructors are also Chartered Physiotherapists additionally qualified to teach Pregnancy Pilates so you know you are in expert hands at this special time.

Our friendly Instructors will teach you specific exercises suitable for both during and after pregnancy.



What do St Judes offer?

We offer adapted Modified Pilates for pregnancy which means exercises are adapted to each stage of your pregnancy so you work to a level that is right for you.

What do I do next?

Book a 1:1 Pilates session with Moira D'Arcy— an individual 1 hour session to talk you through the principles of Pilates, to find out what level you should work at and tailor a programme to your specific needs and abilities.

Any questions?

Please feel free to give us a call on: 01525 377751 or email: enquiries@stjudesclinic.com

