

Women's Health Home Visits

Physiotherapy, massage, and combined physio training programmes by a women's health physiotherapist, provided in the comfort of your own home.

90-Minute Postpartum Recovery Session

Bespoke session to support post-birth recovery. May include:

- Advice on optimal carrying and breastfeeding postures
- Relief from pain or discomfort
- Postnatal massage, with optional lactation relief, lymphatic massage, and ultrasound therapy for blocked milk ducts
- Pelvic floor reactivation
- Diastasis recti assessment
- Teaching basic baby massage
- C-section scar physiotherapy

Lactation Relief Physiotherapy

Gentle lymphatic massage and ultrasound for engorgement and blocked ducts to help prevent mastitis

Prenatal and Postnatal Massage

Lymphatic drainage massage to promote well-being and ease discomfort, bloating, and swelling. Post-C-section, it may improve mobility, sensation, and scar appearance.

Fertility Health

Bespoke support to address physical barriers to fertility and optimise reproductive function. May include:

- Personalised advice
- Abdominal and pelvic release massage
- Pelvic floor exercises
- Stress relief techniques
- Acupuncture and exercise therapy

Prenatal

Stay active and confident during pregnancy. Maintain pelvic floor and core strength, manage discomfort, and prepare your body for birth.

Postnatal

Support your recovery and return to function after birth. May include:

- Pelvic floor and core rehabilitation
- Diastasis recti healing
- Prolapse-safe exercise
- Strength, tone, and fitness restoration
- Specialised massage and C-section scar therapy

Return to Running

Prepare for a safe return to running with key strengthening exercises and a guided back to 30 minutes running program.

Diastasis Repair & Tummy Tuck Rehab

All surgeries benefit from rehabilitation. Restore core strength and return to exercise safely following your surgeon's guidelines



Rebecca Aldridge
Physiotherapist