

AmbujaNeotia



ANTENATAL & BEYOND PHYSIOTHERAPY



Boost your health with our physiotherapy facilities

Neotia Mediplus OPD & Diagnostics Clinic, 6 Rawdon Street offers a range of physiotherapy services during pregnancy, as well as gynaecological services for women. The services include assessment, information, exercise advice, intervention and prevention from risk factors. The department consists of chartered physiotherapists who work as a team with other medical professionals to ensure an integrated and comprehensive approach to care.

Services available at the clinic

• During Pregnancy

Antenatal Exercises – The goal of antenatal care is to have a healthy mother and foetus by monitoring the wellbeing of both during pregnancy.

For this twelve classes are provided, further sub-divided into two categories:

- **Early Pregnancy Class (EPC)** – starts from the 14th week of pregnancy
- **Later Labour Class (LLC)** – continues till the 37/38th week of pregnancy



Antenatal protocol includes:

- Ergonomic Advice
- Warm up & Flexibility
- Yoga
- Pilates
- Swiss Ball Exercises
- Strength Training
- Deep breathing exercise protocol
- Pelvic floor strengthening
- Baby head engaging exercises
- LAMAZE breathing exercises
- Lactation counselling
- Birthing preparatory session



Duration of the class – 1 hour: one on one session

• Post Delivery

Postnatal Care – Second day post-delivery during the hospital stay, includes pelvic floor rehabilitation, core rehabilitation and ergonomic & back care advice.

The Postnatal programme empowers the mother to care for her baby and herself in order to promote physiological and emotional wellbeing. It starts from the 6th week post-delivery and continues till 6 months.

Postnatal protocol includes:

- Toning protocol
- Advanced Yoga
- Advanced Pilates
- Advanced Strengthening



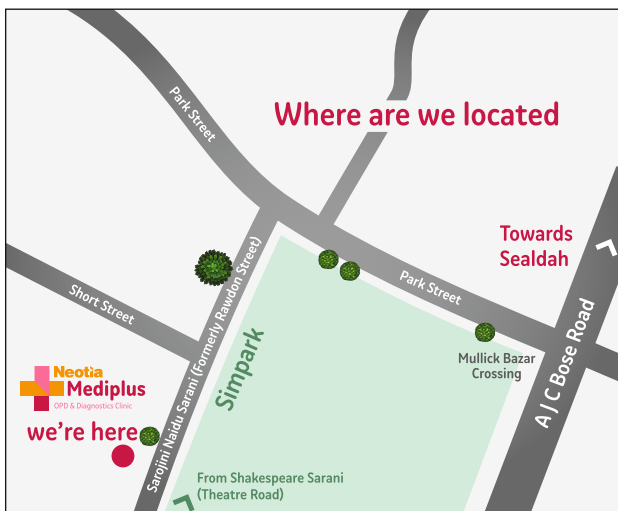
Duration of the class – 1 hour: one on one session

• General therapies

Modalities Treatment and Pathomechanics Correction through physiotherapeutic manoeuvre for musculoskeletal and other conditions associated with/without pregnancy for inpatients and outpatients

Our range of physiotherapy services includes:

- Pain management for cervical, lumbar, knee and shoulder pain
- Post traumatic rehab such as sprain and strain injuries
- Chest physiotherapy and cardiovascular conditioning through aerobic training
- Post-operative rehab – protocol wise management for joint transplantation, fracture rehab, tendon repair and spinal surgeries
- Therapy for geriatric conditions such as arthritis and joint stiffness



Scan to know more



MULTISPECIALITY DIAGNOSTICS CENTRE IN YOUR NEIGHBOURHOOD

*The information provided here is subject to updates in accordance with the latest guidelines from relevant clinical authorities. Please consult with a healthcare professional for the most current advice and recommendations.



Neotia Mediplus OPD & Diagnostics Clinic
6 Rawdon Street, Kolkata 700017

For Appointment call 033 6657 5000

E helpdesk.nmprs@neotiahealthcare.com

W www.neotiamediplus.com



990-330-4-330

A Unit of Park Hospitals
CIN: U85110WB1990NPL049713

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