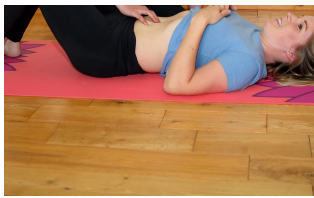


		Title	What is Included
1		Introduction	<ul style="list-style-type: none"> <li>● Current guidelines and recommendations for returning to exercise, running and contact sports postnatal.</li> <li>● Barriers and enablers to postnatal exercise.</li> <li>● Birth lecture and its implications for rehab.</li> </ul>
2		Screening	<ul style="list-style-type: none"> <li>● How to screen postnatal women for returning to exercise.</li> <li>● What happens during a women's health appointment?</li> <li>● Assessing movement capabilities</li> </ul>
3		Rehabilitation	<ul style="list-style-type: none"> <li>● Postnatal Exercises</li> <li>● Access to our "Complete Postnatal Programme"</li> <li>● Class planning and progression</li> </ul>
4		Special Populations	<ul style="list-style-type: none"> <li>● Pelvic Organ Prolapse.</li> <li>● Diastasis Recti.</li> <li>● C-section birth.</li> </ul>



- Pelvic floor after birth lecture.

5



Preparation for 4<sup>th</sup>  
Trimester

- Modern motherhood
- How to recognise a woman who is struggling and how to refer on
- PDF on questions to use with women you are working with