

Sydney Advanced Physiotherapy Update

September - October 2016

What's New?

As you may have noticed if you've been in the clinic lately there have been lots of changes. We've changed the gym set up to give us more flexibility with class availability and we've added a treatment room so we can increase the availability of massage.

Check out our new class timetable online or grab a copy when you're next in the clinic.

We have a new app to make booking your 30 minute follow up physio appointments even easier. You'll be able to see the appointments that are available in the next 2 weeks. You'll also be notified of any last minute deals and discounts. Simply go to your app store and search for Sydney Advanced Physio.



You can also book 30 minute massages using this App.

Physio After Having A Baby

In Australia it is not routine that women are referred to physiotherapists after having a baby. Pregnancy is a huge stretch to your abdominal wall and it's certainly not the only shape change your body goes through.

After you have delivered you will be able to feel a separation of your six pack muscles. The width of this separation varies enormously and your ability to reorganise your stomach muscles and get some tension on the tissue that divides the 6 pack (linea alba) will impact not only the closure of the separation but also your pelvic floor, vulnerability to back and pelvic pain and whether you have a little belly bulge that won't go away no matter how many sit ups you do.

If you have a separation when you do a little sit-up you may see a bulge in your belly (see pic). This is called 'doming' and it's a sign that you are not controlling the exercise or the movement.



One of the things we look at after you've had a baby is what your stomach muscles are doing when you do a little crunch. We use our ultrasound machine to see which muscles are turning on first and to see if that pattern of activation is the same on the right and the left.

We then use the ultrasound to teach you to properly activate your core muscles on both sides of your stomach. When you can do a great core contraction you can get tension on the linea alba. If you can get tension on the linea alba (the tissue that runs down your belly and divides the 6 pack muscles) this will enable you to transfer forces across your stomach which is important to protect your spinal and pelvic joints from injury but it is vital if you would like to return to your normal sporting activities.

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Getting tension on the linea alba will also help you close the separation gap as much as is possible.

To get your stomach functioning as well as it can your physio will need to help you remove any twists from your body. It's very common to see poor alignment in the rib cage in postnatal women because of poor posture during breastfeeding and lots of baby lifting/carrying.

Poor alignment in the rib cage can impact the neural drive to your stomach muscles. In some cases poor alignment in the rib cage can completely inhibit the core muscles from turning on.

Making sure you know how to contract your pelvic floor is one of the most important things to check after having a baby.

Lots of women think they know how to do a pelvic floor contraction but what we see clinically is that 50% of people are not doing it properly or have no idea what they are doing.

Your pelvic floor function is not only related to your ability to stay continent but also to your ability to protect yourself from prolapses, your ability to be intimate with your partner, and your ability to control your spine, pelvic and hip joints.

After having a baby it is really important to see an expert physio who specialises in postnatal recovery. If you or someone you know needs help getting their body back after having a baby then call 9416 4410 or email admin@sydneyadvancedphysio.com.au for more information.



Product Review

Sydney Advanced Physio is one of only three Australian suppliers of the Baby Belly Belt. This is a comfortable, multipurpose pelvic belt designed to specifically meet the needs of the pregnant woman.

The belt allows for about 13kg of growth from the initial sizing and helps provide support and stability for the lower back and pelvis.

The belt allows for you to put the compression straps wherever your pelvis needs it in order for you to feel less pain and move better. This is a unique design and you will not find it on any other pelvic belt.

The belts are made in and imported from Canada.

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