



PRE & POSTNATAL TREATMENT



Dunstable: **01582 608400**

Leighton Buzzard: **01525 372447**

Harlow: **01279 410136**

Willesden Green: **0208 450 1975**

www.woodsideclinic.co.uk

Few women manage to escape some sort of pain/discomfort during their pregnancy or in the first years of motherhood. At Woodside Clinic, many of our therapists are trained to treat women both during and after pregnancy, using safe and effective techniques to provide relief from discomfort.

Osteopathy & Physiotherapy

All of our osteopaths and physiotherapists regularly treat pregnant women and new mothers. Treatment can often help with pain associated with pregnancy and some of the common complaints that women visit us for during and after pregnancy are:

- Low back and leg pain
- Neck and shoulder pain
- Discomfort around the Thorax and indigestion
- Wrist pain
- Postnatal problems of the pelvis

Holistic Massage and Reflexology

More and more expectant women are discovering the benefits of massage and/or reflexology during pregnancy to:

- Aid relaxation and improve mood and sense of well-being
- Aid good quality sleep
- Help relieve stress
- Aid relief of aches and pains

Podiatry/Chiropody

Pregnancy triggers many different changes in a woman's body. A common complaint in the last few months of pregnancy is foot pain. Due to the natural weight gain during pregnancy, a woman's centre of gravity is completely altered, causing a new weight bearing stance. In addition, some of the hormones released during pregnancy cause a relaxation of the ligaments of your feet, leading to flat feet (fallen arches). Our podiatrists can give advice on appropriate foot wear and orthotic devices if required.

Nutrition

Eating healthily and safely during pregnancy is very important no matter what stage of pregnancy you are in. Our nutritionist is available to provide you with advice on a nutritious balanced diet and give advice on how much extra to eat and what foods to avoid

Acupuncture

Acupuncture has been shown to be effective for all forms of nausea and can help to reduce or eliminate the symptoms of morning sickness. Headaches may also respond well to treatment. There have been no large scale studies of acupuncture for back pain during pregnancy, but acupuncture is currently recommended by NICE for other types of [persistent back pain](#), so it is to be hoped that further research will be done to increase the evidence base in favour of acupuncture for back pain in pregnancy.

Remember to tell reception that you are pregnant when you book in for treatment!