



**Speaker: Ms. Diana But (Registered Physiotherapist)**

**講者：畢慧敏註冊物理治療師**

**28/2/2008(Thu), 7:00pm-8:30pm, Central Clinic**

## **Post-natal Slimming**

There are some musculoskeletal and physiological changes during pregnancy and after delivery, for example weakness of pelvic floor muscle, or injuries to joints and ligaments at pelvic girdle region. An effective recovery can be achieved if you follow an appropriate exercise program within 6 months after giving birth. The sooner you start the exercise program, the faster the recovery.

There are 2 main purposes of post-natal exercises: 1) to promote recovery of uterus, and the muscle around the abdomen and the pelvic girdle that weaken after childbirth. 2) to restore your figure.

When can you start doing post-natal exercises after childbirth? What kind of exercises you need to do to achieve the above purposes? Our physiotherapist Ms. But will tell you information about post-natal exercises, and there will be a practical session, so participants should wear comfortable clothes.

\*Remarks: Suitable for expecting mothers, too.

Language: Cantonese

## **產後修身**

懷孕和生產使女性的身體發生了一些變化，例如骨盆腔底部肌肉鬆弛、關節和韌帶傷害等。在產後 6 個月內，適當的運動有助於解決這些問題。愈早適量地運動，產後復原愈快。

產後運動有兩個主要的目的：1) 促進子宮、腹部和骨盆各部位的受損肌肉恢復健康；2) 恢復身材，消除懷孕所增加的脂肪及贅肉。

生完小寶寶應該相隔多久才做運動？需要做些什麼運動？物理治療師畢慧敏小姐會為大家講解，教授各式產後運動，並讓大家即時練習，屆時請各參加者身穿鬆身衣物。\*註：懷孕婦女亦適合參加。

語言：中文

**Free admission. For enquiries, please contact us at 25372083.**

**Seats are limited, please reserve yours early.**

**費用全免。報名及查詢請電 25372083。**

**座位有限，請早預約。**