

physio



personal care  
for personal health

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## Abdominal weight and stretchmarks

### What is it?

Women gain weight around the middle during pregnancy and it often remains while breastfeeding. It is the body's way of protecting the growing baby when you are pregnant, and of maintaining enough energy for both mother and baby during breastfeeding. The hormones of pregnancy and breastfeeding drive this.

No two women are alike. Women lose weight and change shape differently to one another.

Concentrate on being healthy and maintaining a healthy weight rather than on regaining your pre-pregnancy shape quickly.

### What can SHE do?

SHE can give you advice with aerobic activity for weight reduction, and to maintain strength, flexibility, aerobic endurance, abdominal and pelvic floor, muscle strength.

SHE can teach you gentle massage techniques for stretch marks.

### What can I do before I see a women's health physio?

Studies over the last 30 years conclude that no particular product helps with resolution of stretchmarks.

Information is inconclusive on whether massage or corsetry will reduce stretchmarks.

Corsetry will reduce the tension at each stretchmark and is worth considering.

Stretchmarks do fade with time.

Massage should be gentle.

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