

MARATHON PHYSICAL THERAPY &  
SPORTS MEDICINE  
NEWTON, MA · NORTON, MA · NORWOOD, MA  
WWW.MARATHONPHYSICALTHERAPY.COM  
"KEEPING YOU WELL THROUGHOUT THE  
RACE OF LIFE."

# POSTPARTUM HEALTH FOR MOMS

A CLASS FOR MOMS OF ALL AGES, STARTING  
OCTOBER 2009 IN NEWTON AND NORTON!

## NEWTON CLASSES

WED 10-11:30 AM AND  
6:30-8PM  
JAN 13—FEB 24

## NORTON CLASSES

WEDNESDAYS 6:30-8PM  
JAN 13 - FEB 24

### PAST COURSE PARTICIPANTS SAY:

I can't recommend this course enough to anyone who has had a baby, no matter how well they think they've "recovered" from pregnancy. Marathon empowers you to understand the structural changes your body makes during pregnancy and how to counteract them, even long after that baby is no longer a baby.

Beth

(mom of 8 and 5 year olds)



**Class cost is \$140. Space is limited, contact us today to reserve your spot.**

At Marathon, our team of skilled physical therapists is dedicated to caring for the mom through all stages of pregnancy:

- Resolving musculoskeletal and pelvic floor dysfunction prior to conception.

- Addressing postural changes, joint dysfunction and movement impairments during pregnancy.

- And finally, pelvic pain, incontinence, lumbar/sacroiliac joint dysfunction and postural changes after birth.

Our next 7 week course **starts Jan 13** and is appropriate for moms in all stages of post-partum—whether the birth was last month or 25 years ago!



## Our Goals

- Help women identify physical impairments contributing to dysfunction.
- Teach women the necessary skills to make positive changes to improve activities of daily living.
- Educate moms on proper core stabilization and lifting techniques
- Restore mom to "pre-baby" physical function



We look forward to working with you and would be happy to answer any questions you may have about our postpartum course or programs for pelvic floor therapy.

For further information please visit our website at [www.marathonphysicaltherapy.com](http://www.marathonphysicaltherapy.com), or contact Jessica McKinney at 617.244.1990 or [jmckinney@marathonphysicaltherapy.com](mailto:jmckinney@marathonphysicaltherapy.com)