



Marathon Physical Therapy and Sports Medicine's Women's Health Program provides rehabilitation and exercise programs for women of all ages for urological, gynecological, pregnancy-related, and general musculoskeletal conditions.

Our Mission:

Marathon's sole purpose is to provide exceptional, progressive and cost-effective outpatient rehabilitation through personalized care that emphasizes patient education and prevention of future injury.



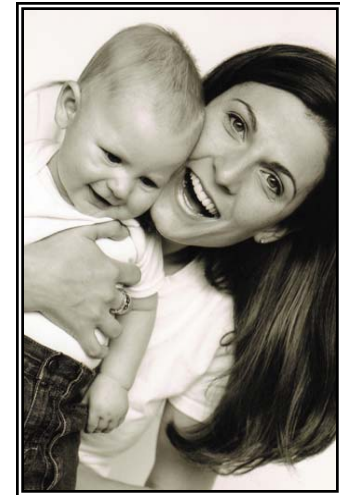
"Keeping you well throughout the RACE of life"

425 Centre Street
Newton, MA 02458
Tel: (617) 244-1990



Postpartum Health for (ALL) Moms

Presented by Physical Therapists specializing in Women's Health



Restoring Form and Function after Pregnancy

- An Educational and Exercise Course -

New classes just added!

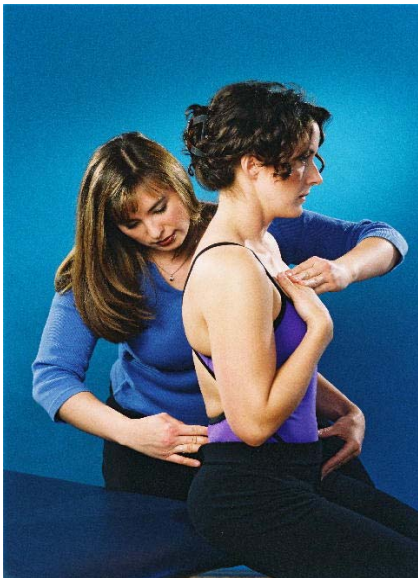
Class size is limited so call to Sign Up Today

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info@MarathonPhysicalTherapy.com
www.MarathonPhysicalTherapy.com

**Postpartum Health
for Moms**

This educational and exercise program, by Diane Lee and Linda-Joy Lee is designed to identify the non-optimal stability and movement patterns specific to postpartum women, and to promote and restore optimal form and function of the lumbopelvic region through education, exercise and changing movement patterns.



Find your center while sitting.



Learn what you can do

- To restore proper muscle coordination, control, and strength
- To restore proper movement patterns
- To optimally prepare your body for return to pre-pregnancy function and any future pregnancies

Weekly sessions addressing:

- Stability— why it is important and the best way to achieve functional stability
- The Diaphragm—proper breathing techniques.
- Transversus Abdominis and Multifidus— Your own personal Corset
- Rectus Diastasis—what it is and what you can do
- The Pelvic Floor—Myths & Facts
- Healthy Toilet Habits & When to Seek More Help
- Stability during Activities of Daily Living

Pre-registration is recommended as classes are limited in size and fill quickly!

Contact the clinic for price and to determine if course would be covered by insurance

Sign up for: Classes in Newton—90 mins Time Price

- June 2nd—July 14th Tues 6:30 PM
- Aug 5th— Sept 16th Wed 10 AM
- Aug 5th— Sept 16th Wed 6:30 PM
- Sept 23rd—Nov 4th Tues 6:30 PM
- Nov 10th—Dec 22nd Wed 10 AM
-

Subtotal: _____
Tax: _____
Total: _____

Name

Address

Phone

Method of Payment

- Check
- Bill Me
- Visa
- MasterCard
- American Express

Credit Card # Exp. date

Signature