

# Women's health

Winter 2022

## NEW class for mums

*Although the body is designed to change and adapt to the demands of pregnancy and birth, we know that getting your post-natal body back to a state where you feel confident that it is not going to let you down can often require a helping hand.*

*Based on our knowledge of women's health, we have designed an exercise class specifically for new mums and it starts in January.*

### About the class

This is a core class aimed at post-natal women.

It is a 10-week course that has been designed to progress strength and endurance. The aim is that by the end of the course you will have discovered either how to continue the exercises independently or to feel that you have the confidence to return to your specific sport.

Over the course of ten weeks, the key areas we will address include the pelvic floor, tummy toning, bottom and leg strength alongside postural correction and spinal mobility.

Throughout the programme, you will never be alone on your journey towards your fitness goal as our women's health specialist Jenny Deeming will always be on hand to give you advice.

### Is this the class for you

You can start the course from six weeks to six years post birth.

Before your first class, you will need to see Jenny for a women's health assessment.

The purpose of the assessment is to identify the key areas you wish to work on and to set targets that will help you achieve your goals.

The course is particularly good if you are struggling to regain abdominal tone as it is often the technique that is the key factor, and this is something we can help you to perfect.

### How can I be sure that I won't do more harm than good?

The course is run under the watchful eye of Jenny who is our Women's Health Physiotherapist and APPI Pilates trained instructor.

The small class size ensures everyone receives individual feedback and can ask questions within a safe environment.



### I want to return to running / high intensity workouts - is this for me?

Running and HIT workouts are great cardiovascular exercises but they need a good foundation of core strength to prevent injury, pelvic pain and potential pelvic floor prolapse / urinary leaking.

This programme will challenge your strength and endurance and build towards getting you back to cardiovascular fitness with sport specific exercises.

### What to bring

You will need a mat and a head cushion or a towel.

Bring a bottle of water and wear loose gym clothing.

### When and where

The class is held in the gym at The Physiotherapy Centre on Wednesdays from 12.30 to 1.30pm.

### How to book

Call our reception team on **01428 647647** or email [therapy@holycross.org.uk](mailto:therapy@holycross.org.uk).

## Improving our knowledge about the menopause

By Jenny Deeming, women's health physiotherapist

The Physiotherapy team recently had the privilege of receiving training from Dr Katie Armstrong who is a women's health GP and owns Clinic 51.

We focused on perimenopause and menopause and the ways we can help our patients get through this stage of life which, let's face it, can feel like a bit of a minefield.

Perimenopause is the period of time before menopause officially starts. You may notice changes to your period, mood, worsening PMS, headaches or the odd hot flush, which is due to declining levels of oestrogen. It can start several years before your periods stop or for others just a few months before.

The hormone oestrogen is involved in a huge range of our bodily functions, and as levels start to drop there can be an array of perimenopausal symptoms, including:

- Hot flushes and heavy periods
- Anxiety
- Low mood and depression
- Not feeling yourself - joyless, crying more often, more irritable
- Brain fog
- Insomnia
- Tiredness
- Headaches
- Worsening migraines
- Dizziness and feeling faint
- Hair change and loss
- Dry eyes
- Palpitations
- Joint pains and muscle aches
- Skin and nail change
- Body tightness, numbness and tingling
- Increased allergies
- Vulval and vaginal dryness and discomfort
- Recurrent urinary tract infections
- Increased frequency of urination
- Low sex drive
- Worsening PMT

These symptoms are common in women in their 40-60s.

If any of these symptoms feel familiar it is worth having a discussion with a women's health GP as treatment options are available.

## Managing the menopause

For more information and to track your symptoms we recommend downloading Dr Louise Newton's 'Balance' app.

This user-friendly app has a wealth of evidence-based information about perimenopause and menopause which can help you make an informed decision about how you choose to manage your symptoms.

## Leaky bladder?



About to sneeze?

Contact us for an assessment about how to deal with urinary incontinence.



## About Jenny

Jenny Deeming

is a qualified physio and specialises in women's health.

She is an accredited Mummy MOT practitioner and runs a Pilates class aimed at post-natal women.

Jenny holds women's health clinics for the diagnosis and treatment of a range of post-natal conditions.

Contact us to book a Mummy MOT, an initial assessment with Jenny or to take part in the Pilates class. You can also follow us on Instagram @the\_physiotherapy\_centre or Facebook @holycrossphysio/