



**PHYSIOTHERAPY &
SPORTS REHABILITATION**

Pregnancy-related back pain & core strengthening program

Cut the Q to a more stable you

Lower Back Pain



Pregnancy-related back pain affects
up to **2 out of 3 women**.



Research shows a **12-week** training program during
pregnancy is effective in the prevention of lower back pain.

Incontinence



Up to **5 million** Australians are affected by incontinence.
2 out of 3 women will experience urinary incontinence post-natally.



97% of women who suffer from stress incontinence
respond well to a pelvic floor muscle program.

How can JQ Physiotherapy & Sports Rehabilitation help me?

- **Early identification** and **tailored treatment** provide the opportunity for the best possible outcome for both incontinence and pregnancy-related back pain.
- Physiotherapists are the **first line of treatment** for pregnancy-related back pain and incontinence **during all trimesters**.
- We develop an **individualised core strengthening program** specifically tailored for all your **pre-natal to post-natal** needs.
- Initial assessments will be completed by qualified Physiotherapists prior to commencing classes.

Contact: (02) 9757 3737

or send enquires to: **info@jqsportsphysio.com.au**

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