



Mums need to bend, squat and lift so Sarah provides clinical postnatal care and functional exercises for women after birth (no matter how long ago).



Book now from six weeks after birth!

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What is a Mummy MOT® ?

- A comprehensive postnatal check up by a qualified women's health physiotherapist.
- Assessment of posture, pelvic floor and stomach muscles.
- Exercises and treatment to help in recovery and to return to exercise safely.

