

Pain Relief in Labour: Video transcript

Pain Relief Options – Physiotherapists

A physiotherapist is a health professional trained at University in skills to help people manage physical challenges throughout their lives.

At the Women's and Children's Hospital, a team of physiotherapists with a special interest and further training in women's health work with doctors, midwives and other health professionals to help women through the childbearing year.

Physiotherapists, alongside their midwifery colleagues, play an important role in contributing to the antenatal education program at the Women's and Children's Hospital.

As part of this program, an early pregnancy class is available to problem solve or prevent common issues that may arise during this time, to learn safe exercise options and to practice relaxation skills.

A labour skills class aims to give women and their support people the skills to manage the demands of labour, as well as exercises and advice to help postnatal recovery.

Antenatal and post-natal outpatient care is also available to women experiencing musculoskeletal pain or pelvic floor issue due to the changes associated with pregnancy.

