

PRENATAL & POSTNATAL CARE

REHABILITATION FOR PHYSIOTHERAPISTS



PROGRAMME SCHEDULE Day 1, 20-01-2024

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| 08:00 am - 09:00 am | | : Registrations |
| 09:00 am - 09:30 am | Topic | : Importance of Physiotherapy During Pregnancy |
| | Speakers | : Dr. Jyothsna, Dr. Lepakshi |
| 09:30 am - 10:30a m | Topic | : Physiological Changes During Pregnancy & Postpartum Period: Understanding Contraindications of Exercises |
| | Speaker | : Dr. Snigdha Mehta |
| 10:30 am - 11:00 am | | : Tea Break & Inaugural |
| 11:00 am - 01:00 pm | Topic | : Practical Sessions of Prenatal Exercises (Deep Abdominal & Pelvic Floor Muscles, Yoga, Pilates, Swiss Ball, Resistive Band, Weight & Contraindications For Prenatal Exercises) |
| | Trainer | : Dr. Snigdha Mehta |
| 01:00 pm - 02:00 pm | | : Lunch |
| 02:00 pm - 03:00 pm | Topic | : Preparing The Mind With Breathing & Relaxation Techniques: Preparing Physically For Birthing |
| | Speaker | : Dr. Snigdha Mehta |
| 03:00 pm - 05:00 pm | Topic | : Practical Hands on Session on Labor Massage, Facilitatory Positions, Movements & Breathing For an Easier Delivery |
| | Speaker | : Dr. Snigdha Mehta |