

EVIDENCE BASED HANDS-ON APPROACH

PRENATAL & POSTNATAL CARE

REHABILITATION FOR PHYSIOTHERAPISTS



PROGRAMME SCHEDULE Day 2, 21-01-2024

9:00 am To 10:45 am	Topic	: Postpartum Exercises (3 Days After C - Section & Normal Delivery)
	Speaker	: Dr. Snigdha Mehta
10:45 am - 11:00 am		: Tea Break
11:00 am - 01:00 pm	Topic	: Diagnosing and Treating Diastasis Recti
	Speaker	: Dr. Snigdha Mehta
01:00 pm - 02:00 pm		: Lunch
02:00 pm - 03:00 pm	Topic	: Postnatal Fitness Training After Normal Delivery & C - Section
	Speaker	: Dr. Snigdha Mehta
03:00 pm - 05:00 pm	Topic	: Scar Tissue Release After C- Section & Videos of Actual Prenatal Class & Discussions
	Speaker	: Dr. Snigdha Mehta
05:00 pm		: Quiz

Note: Top Scorers in the Quiz will be Awarded Surprise Gifts