



Physical Therapy for Women

Moms In Motion—Prenatal/Post Partum Exercise Classes

CMH Rehabilitation Services is pleased to announce our *Moms in Motion* exercise classes starting in June 2007.

These exercise classes are specifically designed for women at any stage of pregnancy through 18 months after delivery. If you are post-partum, you should be at least six weeks post vaginal delivery or at least eight weeks post c-section to participate (or per your doctor's discretion).

The classes will include traditional strengthening, stretching, endurance activities including yoga and pilates, and resistive exercises to prepare the new mom for her childbirth experience and for caring for her newborn.

Moms in Motion provides a fun, supportive environment for exercising moms before and after delivery! Babies are welcome post partum for "mom and me" exercise.

Benefits for Moms:

- Shorter labor time and easier deliveries
- Less weight gain
- Quicker return to pre-pregnancy weight
- Decreased need for medical intervention during delivery
- Muscles needed to support the demands of pregnancy, delivery, and new motherhood are developed
- Better sleep, higher energy levels, better mood

Benefits for Baby:

- More normal birth weight
- Leaner throughout childhood
- Better language skills
- Higher general intelligence

Class Information

Class Days and Times:

Tuesday and Thursday

5:30—6:30 p.m.

(based on need, more days and times may be added)

Class Location:

CMH Rehabilitation Services
Rombach Health Center
2241 Rombach Ave., Wilmington
937-383-7722

Cost:

\$60 for 12 sessions

\$7 per single session

Medical clearance from your doctor is required prior to participation. Have your doctor complete the form on the back of this flyer, and bring it with you to your first class.

About Your Instructors:

Rachel Duncan, PT— Rachel is a physical therapist and is certified in pre and post partum exercise instruction. She is the mother of two very energetic toddlers; a daughter and son. Rachel's specializes in women's health and general orthopedic physical therapy.

Donna Snyder, PT— Donna is a physical therapist and is certified in pre and post partum exercise instruction. She was born and raised in Wilmington, and is the mother of three very energetic boys including a set of twins! Donna specializes in general orthopedic and women's health physical therapy.



Outpatient Rehabilitation
2241 Rombach Ave.
Wilmington, OH 45177
www.cmhregional.com

Registration Form

Mail this completed registration and check payable to CMH Rehabilitation Services (as applicable, see below) to:
CMH Rehabilitation Services
2241 Rombach Avenue
Wilmington, OH 45177
Attn: **Moms in Motion**

Payment for the 12 sessions is due with registration; payment per session due at the time of the class.

Name: _____

Address: _____

Your Delivery/ Due Date: _____ Your birth date: _____

Home Phone: _____ Work or Cell Phone: _____

I will attend:

12 sessions

per session

Doctor's Note of Approval to Participate

**“Moms in Motion” Prenatal and Post Partum Exercise Classes
At CMH Rehabilitation Services**

Patient's Name: _____ **Patient's Date of Birth** _____

Patient's Address: _____

City, State, Zip _____ **Today's Date** _____

I consent to the above named patient's participation in the CMH Rehabilitation Service's "Moms in Motion" prenatal and post partum exercise program. I understand what this program involves by reading the program description on the reverse of this form, and that this program is designed to help accomplish the following: build the strength and stamina for labor; tone the abdomen, hips, legs, and strengthen the back (for post partum women). I understand that the program involves low impact aerobics, moderate strength training, and stretching, and that the instructors are licensed physical therapists and certified in prenatal/ post partum exercise.

For additional information on these classes, you may contact Rachel Duncan, PT or Donna Snyder, PT at CMH Rehabilitation Services, 937-383-7722.

Please check those that apply:

- This patient is _____ weeks pregnant.
- This patient **is at least 6 weeks post vaginal delivery** and is appropriate to participate in the Moms In Motion exercise classes.
- This patient **is at least 8 weeks post C-Section delivery** and is appropriate to participate in the Moms In Motion exercise classes.
- This patient may participate in this exercise program with:
 - no restrictions
 - the following restrictions: _____

Physician's Signature

Date:

Physician's Name (printed or typed)

Date: