

RCC LIVE WEBINAR

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Exploring Post-Natal Rehabilitation through a Biopsychosocial Lens

Sarah Fellows

Webinar Outline

This webinar will explore post-natal rehabilitation through a biopsychosocial lens. We will be considering how the birth experience may help or hinder recovery depending on the patient's perception of their peri-natal experience. Together we will delve into the wonders of the functional pelvic floor and how to identify dysfunction. We will look at the current evidence around how to safely return your patient to the physical activity they're aiming for and how to assess and manage Diastasis Rectus Abdominis (DRA); is it about closing the gap? Finally, we will discuss new approaches to managing pelvic girdle and low back pain in the post-natal population.

Learning Outcomes

- Confidence in assessing / screening your post natal patient
- Knowing when to refer on
- Awareness of current guidelines in safely returning to physical activity
- Awareness of new approaches in management of DRA and PGLBP

Speaker

Sarah Fellows is a Musculoskeletal & Pelvic Health Physiotherapist & Pilates Instructor. She is passionate about restoring function through movement, but beyond that she is fascinated with the mind-body connection. As a result, she is truly holistic in her practice and aims to transform her patient's beliefs that they can do and achieve much more than they may think.

Her personal interests are her family, paddleboarding, Qi Gong, endurance sports events and cooking.



APRIL 2021

Thurs 22nd

19:00 - 20:00

Free for RCC Members.
Non-Members: £35

To register please visit:
rcc-uk.org/rcc-events

Registration opens:
Friday 9th April 2021

Registration closes:
Thursday 22nd April 2021 5pm.

Convenor

Alexandra Newton FRCC (Paeds)