

Postnatal physiotherapy (Mummy MOT)

We understand pregnancy and labour can be mentally and physically demanding and lots of women experience postnatal complications after giving birth.



Postnatal therapy could help you on your way to recovery, at a pace that is right for you, so you can get back to doing what you enjoy quickly. During your first appointment our physiotherapist will help identify areas causing you pain and create a bespoke postnatal exercise, rehabilitation and treatment programme just for you.

We aim to provide a flexible service; with both early morning and late evening appointments available, we can work around your lifestyle so that it won't affect any prior commitments and allow you to carry on with everyday life.

Prices & payment

We offer a guide price from:

Initial assessment

From £116

The above are guide prices only.

Our [terms and conditions can be found here](#).