

Physiotherapy

Preparation for labour

Booking form

The physiotherapy department provides **antenatal classes** to help you prepare yourself for labour and include:

- Pregnancy advice, stretches and exercises
- Pain relief (including use of TENS)
- Relaxation and breathing techniques
- Practical use of birthing balls and beanbags
- Positioning during the stages of labour

Please send the form back as soon as possible, preferably before you are twenty weeks pregnant. We then allocate places on a first come first served basis. On receipt of this form you will be put on the list and will be allocated into a class. **These classes are held at The James Cook University Hospital.**

Name:	
Address:	
	Unit No:
Postcode:	D.O.B:
Daytime telephone number incl area code:	
Date your baby is due:	Date form sent:
Email address:	

Return form to: Physiotherapy Department, Rehabilitation Centre,
The James Cook University Hospital, Marton Road, Middlesbrough, TS4 3BW. Tel: 01642 854453

PATIENT INFORMATION

Physiotherapy Department, Rehabilitation Centre, The James Cook University Hospital,
Marton Road, Middlesbrough, TS4 3BW. Tel: 01642 854453

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