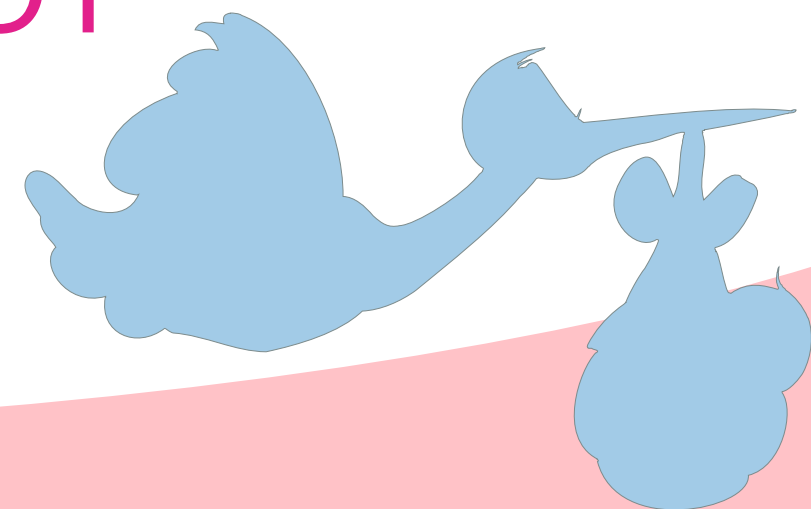


Are you a mum? Come and
book your mummy MOT
assessment today!



The Mummy MOT is an in-depth postnatal assessment that assesses the strength, activation, and function of the abdominal and pelvic floor muscles following childbirth. It is suitable any time from 6 weeks to 6 years.

Performed by a Specialist Post Natal Health Physiotherapist it is recommended for all women following delivery.

"I would highly recommend The Mummy Mot. It is the most comprehensive assessment and advice session I have ever had. Sandra checked my posture, breathing, tummy and pelvic floor muscles and then recommended the best exercises to do. It was supportive and very encouraging" ES

Wondering if this could help you? Visit our website -
<https://rdphysio.com/therapy/mummy-mot/>

**Contact Sandra Watts at Rodger Duckworth
Physiotherapy on 0118 978 6149 to book your
Mummy MOT appointment.**

