


What Every Pregnant Woman Needs To Know...

A Complete Guide to Women's Health

From Pre Natal to Post Partum

NOW ON DVD!

Leader in Women's Health, Cindi A. Prentiss Lattanzio, P.T., P.C.



Back and neck pain are very common among pregnant woman. Utilizing proper posture and body mechanics throughout the day and night will help alleviate stress and pain felt during pregnancy. This educational series was created at the request of Cindi's pregnant clientele who rave "this information is so helpful, every pregnant woman should have the opportunity to learn what we have..."

Volume 1

- Learn bracing techniques known as **core stability** for proper sitting and standing posture.
- **Avoid hip and neck pain** through sleeping positions, utilizing pillows and pressure relieving postures.
- Learn **Body mechanics** for transitions such as getting out of a chair and into a car.

Volume 2

- Use modified Pilates to **strengthen your stomach, back and pelvic floor**.
- **Prevent urinary leakage** by learning **Kegel** variations.
- **Reduce neck tightness, upper back fatigue and wrist pain** through stretching.
- Learn **McKenzie exercises** and to relieve **sciatica & low back pain**.

Volume 3

- **Proper posture and body mechanics** while caring for your infant.
- **Postpartum stretching & strengthening** to get you moving again.
- **Kegel exercises** for urinary incontinence.

*** Complete Educational DVDs available for purchase ***

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For more information visit us at:

www.CindiPrentissPT.com

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