



STRIDE
PT & WELLNESS

PREGNANCY WORKSHOPS

These workshops have been made to help you stay active and healthy throughout your parenthood journey.

We have developed a comprehensive program from the fertility and planning stages, through pregnancy, to delivery, and postpartum recovery.

We want to help you feel more confident in your body every step of the way, while also feeling like you have a community there for you with the big changes this experience may bring.

A workshop always begins with a 30-minute assessment (in-person or virtually) so we can build the program specific to you. From there, you will get access to the program through our app. We will be able to communicate, modify, and progress things as you go.



FIND THE PROGRAM FOR YOU



TRAINING DURING PREGNANCY

Training programs are designed for the level you are at and progress with you through each trimester. Programs are mindful of the changes and demands pregnancy can have on blood pressure, heart rate, stability, balance, abdominal function, and the pelvic floor.



RECOVERY CHECK-IN

The postpartum period can be beautiful, challenging, lonely, and exciting all at once. How you feel physically and mentally can greatly affect you. We offer weekly video check-ins (or you can visit us) to screen your symptoms and vitals, educate on incision care, review positioning techniques, advise on bowel and bladder management, review use of support garments, carriers, and more!



BIRTH PREP

Made to prepare you for your birth experience as best as we are able to. We go over exercises to help aid the body through the birthing process (vaginal, c-section or VBAC), teach pain management techniques, and provide birthing education.



RETURN TO TRAINING

This workshop is a return to activity and training program with considerations for vaginal or c-section births. We advance through the stages from exercise clearance to your goal level of training.

**CARING FOR YOU IS
CARING FOR YOUR CHILD**

We will always try to meet you where you are at. If you need more focused attention, we can modify or pause the workshop to address limitations.

**ALEX@STRIDE-PT.COM OR CALL/TEXT 319-214-0005
TO LEARN MORE**