

Don't suffer in silence

Maria Elliott, founder of Simply Pelvic Health, a leading Pelvic Health Specialist and founder of The Mummy MOT, is on a mission to break the silence and get women talking about their Post Natal Tummy and Pelvic Health.



What's the issue?

Statistics show that nearly half of all mothers leak and over a third of women are affected by a tummy gap after giving birth. Another 25% have pelvic girdle pain. It is shocking that the postnatal rehabilitation of women, their bladders, pelvic floor and other abdominal organs is not more prevalent in this country.

Another generation of childbearing women should not suffer these terrible consequences when so many of the symptoms are controllable, improvable and even surmountable given the right treatment, exercises and advice.



What's not normal after birth?

- It's not normal to leak when you cough or run.
- It's not normal to have pain during sex.
- It's not normal to have a gap in your tummy muscles.
- It's not normal to have ongoing pelvic pain or debilitating constipation.

So many women suffer in silence and assume it is the new state of motherhood because no one talks about it. Many think it's normal to leak a bit and pad up, or even resign themselves to not run or dance again and avoid exercising or trampolining.

What is a Mummy MOT?

A Mummy MOT is a specialist postnatal check for mums following delivery

“ Nearly half of all mums' bodies do not recover without intervention. ”

(vaginally or by C-section). In France, where I previously worked, postnatal check-ups and pelvic rehab sessions are standard for every new mum.

The MOT assesses how women's internal organs, pelvic floor and stomach muscles are recovering after birth. And if they're not, then the patient is provided with exercises and treatment to help that recovery.

It's recommended mums have an initial check-up after 6 weeks, but I also treat women who've had babies years ago that have a tummy gap or related pelvic issues.

Who needs a Mummy MOT?

All women who've given birth! Considering the changes a woman's body goes through during pregnancy and birth, it's madly optimistic to think things will miraculously bounce back to normal.

The well-being of the baby is, of course, paramount – but no one seems to be looking after the mums. Focus on the mum's recovery is vital. The lack of care that women in the UK routinely experience is outrageous. Unless you have a stage 3 or 4 degree tear (the most serious), women generally get one GP check up and a couple of health visitor drop ins – if you're lucky.

How successful is a Mummy MOT?

The most amazing thing is that almost all of these debilitating conditions can be improved, alleviated and often remedied entirely through exercise and manual manipulation. In most cases, no drugs or surgery are required; it's just knowledge, getting the right treatment and doing the right exercises.

What else can you do?

Mums need to know that there's help out there through our network of Mummy MOT practitioners and clinics. Exercise can help strengthen the pelvic floor and there are also several specialist products that I recommend, such as EVB Sport Shorts and Elvie's pelvic floor exercise tracker.

The Mummy MOT is expanding!

With practices in Harley Street and now just launching in Chiswick on Tuesdays. What does the Mummy MOT include?

- A 1-hour postnatal assessment with a Specialist Postnatal Health Physiotherapist.
- Check your pelvic floor and tummy gap, improve breathing and posture to avoid long-term, childbirth-related complaints?
- Cost: £120 including assessment and recovery plan.



INTEGRATED POST NATAL PHYSIOTHERAPY & FUNCTIONAL FITNESS

Book your Mummy MOT check-up now To book an appointment at the Harley Street or Chiswick practice today call Lloyd on ☎ 07889 559 675, email ✉ help@mummymot.com or visit 🌐 themummymot.com or 🌐 simplywomenshealth.co.uk

POST BIRTH: 45% of all mums leak • 25% suffer from Pelvic Girdle Pain • 36% have a tummy gap