



INTEGRATED POST NATAL PHYSIOTHERAPY & FUNCTIONAL FITNESS

MEPS Presents

# MUMMY MOT® TRAINING

FOR WOMEN'S HEALTH PHYSIOTHERAPISTS



MEPS

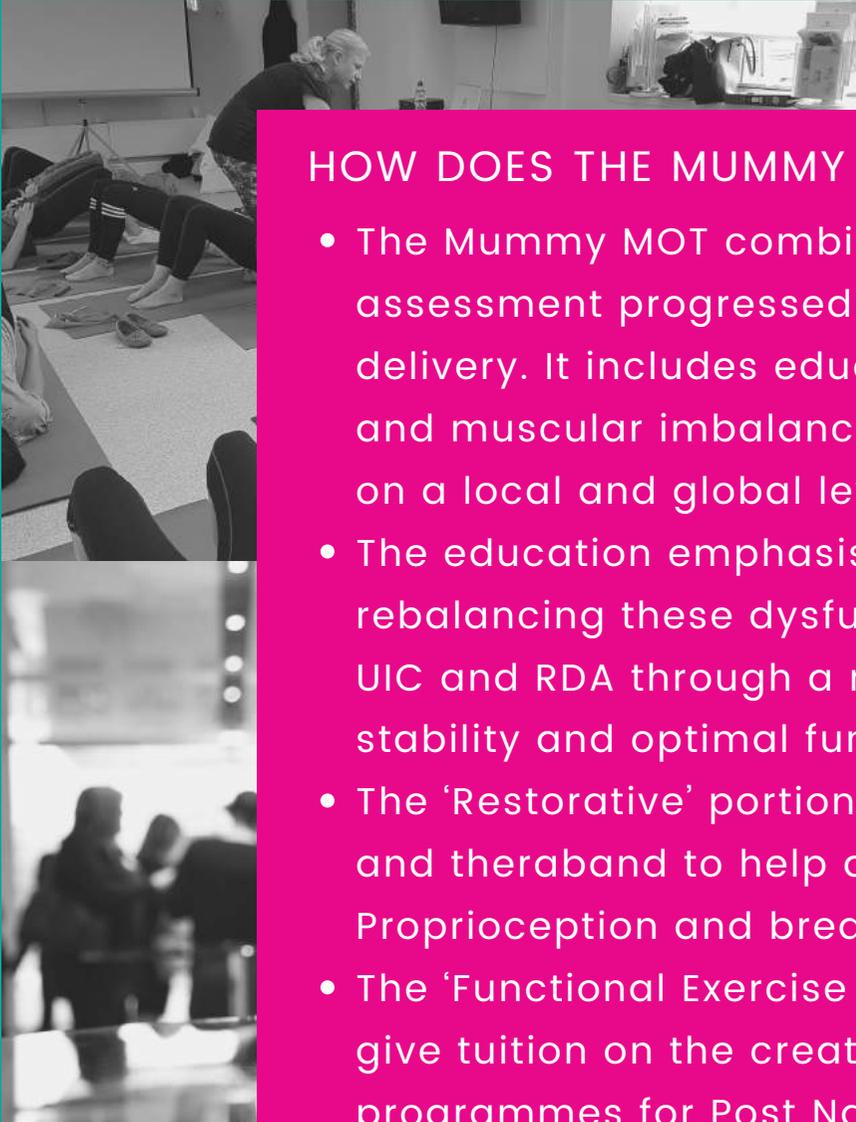
## **ABOUT THE MUMMY MOT®**

Our mission is to look after post natal women and their body so they can look after their baby.

A Mummy MOT is a specialist postnatal examination for women following both vaginal and caesarean deliveries. It will assess how the posture, pelvic floor muscles and stomach muscles are recovering after birth. And if they're not, then we can provide exercises and treatment to help recovery and return to exercise safely.

- Do you work in private practice?
- Do you want to provide mums with a restorative Post-Natal programme to avoid long-term health complaints?
- Do you want to create on-going exercise solutions/classes for new mums within your practice or provide remote exercise programmes?
- Do you want to learn new 'Functional Exercise' protocols for new mums that take them all the way from the Physio scenario to a return to 'sport'?
- Do you want to provide the best Post-Natal screening and assessment for new mums?
- Do you want to educate and provide practical solutions for POP and UIC?
- Do you want to provide a structured and progressive solution for Diastasis Recovery?
- Do you want to help mums return to a good sex life with their partners?

IF YOU SAID "YES" TO ALL THE ABOVE THEN YOU  
NEED TO BECOME A MUMMY MOT® PRACTITIONER



## HOW DOES THE MUMMY MOT® SYSTEM WORK?

- The Mummy MOT combines the principles of a physiotherapy assessment progressed to Functional Exercise training following delivery. It includes education on the natal period postural changes and muscular imbalances that may cause pain and dysfunction both on a local and global level for the new mum.
- The education emphasises the importance of correcting and rebalancing these dysfunctions to avoid/solve issues such as POP, UIC and RDA through a restorative exercise programme to regain stability and optimal function.
- The 'Restorative' portion of the system uses Swiss Balls, foam rollers and theraband to help activate the important stabilising muscles. Proprioception and breath work are both incorporated.
- The 'Functional Exercise for Motherhood' portion of the education will give tuition on the creation and progression of exercise/fat loss programmes for Post Natal moms at all levels of recovery alongside the principles of 'Movement-Based' Pelvic Floor Exercise.

# Trainee Feedback

"The course really is great. Maria and Jenny are so knowledgeable, supportive and helpful. My favourite part was the exercise component presented by both Maria and Jenny, just gave me so many ideas and things to think about. Their passion and sheer generosity with knowledge is rare and wonderful."

"The atmosphere and the collaborative discussions around how to work collectively to increase awareness of the service nationally. The split between practical and clinical learning was fantastic. The organisation with regards to pre-course reading, facebook group and on-going communication shows commitment to the cause rather than just a knowledge dump and run"

# BECOME A MUMMY MOT® PRACTITIONER

## PRE-REQUISITIES

Trainees must (without exception):

- be a physiotherapist
- have completed a Pelvic Floor Assessment Course;
- be comfortable and competent carrying out a Basic Vaginal Examination
- commit to paying a licence fee to operate under the Mummy MOT® brand

## WHAT'S INCLUDED

MUMMY MOT® 2day  
COURSE INCLUDES SPECIFIC  
TRAINING ON:

- Assessment of Diastasis and Pelvic Floor
- Pelvic Alignment
- Post-Natal Muscular Skeletal Evaluation
- Progression of Restorative Exercises to the 'Fitness/Sport' scenario
- Creation of ongoing 1-1 or Small Group Fitness Offerings within the Physiotherapy setting

## MUMMY MOT:

- provides cutting edge and top level clinical Post-Natal care for women.
- provides cutting edge and top level Post Natal Functional Exercise as a progression from the Physiotherapy scenario for their female clients.
- expands your business by offering the Mummy MOT package and both 1-1 and small group fitness packages thereafter.

## THE MUMMY MOT® WILL EQUIP PHYSIOTHERAPISTS WITH THE OPPORTUNITY:

To provide cutting edge and top level clinical post-natal care.

To prescribe functional exercises, progressing from the Physio scenario

To expand your business by offering the service in both 1-1 or small groups.

*Certification will also include a listing on our online, searchable Mummy MOT® Register and permission to use branded marketing materials*





## ARE THERE ANY FURTHER COSTS AFTER TRAINING?

- All qualified practitioners will be required to pay a licence fee to use the branding and resources following training. This will also grant access to our business hub. The current cost is £12.99pcm.
- The hub is packed full of all the great stuff your business will need to get maximum benefit from the Mummy MOT® brand:
- An enhanced practice listing on the main Mummy MOT website, professionally hosted and optimized
- Updates and upgrades to Mummy MOT® practices and materials
- Access to the closed community discussion forum
- Mummy MOT brand marketing benefits including links to advertorial, editorial coverage and promotional materials
- Access to relevant and regular blogs for use as part of your own marketing and website.
- Access to vlogs and training material from industry experts and leaders
- A 10% discount on all Mummy MOT CPD related courses
- Possibilities to run your own course hosted by Mummy MOT
- Become an Assistant on the Mummy MOT® Training Course(s)

# Your Tutors



**MARIA ELLIOTT**  
Founder of The  
Mummy MOT®  
[themummymot.com](http://themummymot.com)



**JENNY BURRELL**  
Founder of Holistic  
Core Restore®  
[holisticcorerestore.com](http://holisticcorerestore.com),



**MARTA KINSELLA**  
Pelvic Floor  
Dysfunction Specialist  
[meps.org.uk](http://meps.org.uk)





# Better Post Natal Health Care is Our Mission



**0203 1090201**

For appointments at Head Office in London only



**help@mummymot.com**

(general enquiries only)



**Head Office**

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**ALL TRAINING WILL BE ANNOUNCED AND AVAILABLE TO BOOK VIA  
MARIAELLIOTTPHYSIOTHERAPYSERVICES.CO.UK/COURSES**