



PACKAGE FOLLOWING PREGNANCY



2 appointments are tailored to your needs and depend on whether you had a natural birth or a C-section.

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Natural birth

Included in the package

- physiotherapy + kinesiotaping
- control of pelvic floor muscles and abdominal muscles
- Learning exercises under the guidance of the physiotherapist
- Understanding what your back and spine like/dislike after pregnancy
- Exercises that can be done at home

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Package benefits

- Tailored to your needs
- Assigned your own physiotherapist at your first appointment; she will be at your disposal throughout the entire program
- Have the option to always stay in touch. If there are any questions or concerns between appointments, we welcome a phone call or email

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Pricing

2 appointments: 350 zł,
Every visit last 1h

More information

dominika@benodi.com,
tel. 508 659 602

www.benodi.com

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C-section

Included in the package

- physiotherapy + kinesiotaping
- control of pelvic floor muscles and abdominal muscles
- work with a scar after Caesarean section
- Learning exercises under the guidance of the physiotherapist
- Understanding what your back and spine like/dislike after pregnancy
- Exercises that can be done at home

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