



## **Pelvic Girdle Pain (PGP) Group Class Information**

You have been referred to physiotherapy because of pregnancy-related Pelvic Girdle Pain (PGP) and/or low back pain and have been booked an appointment to attend a group session.

You will be in a small group of pregnant people, who are experiencing similar symptoms to you.

The group will be led by a specialist obstetric pelvic health physiotherapist, who will give you information and advice to help you manage your symptoms followed by a short mat-based exercise session. The class will last for about an hour.

You will have the opportunity to ask questions, either during the session or in confidence at the end of the class. You do not need to share any confidential information with others.

You will also be advised on how you can access further physiotherapy should you need it.

Please wear clothing that you can move comfortably in and bring a bottle of water to keep hydrated.

If you are unable to attend, or no longer require this appointment, please call pelvic health physiotherapy on 0151 430 1878.

Please scan the QR code below to view an educational video, on managing your symptoms prior to class. We look forward to seeing you!



[www.MerseyWestLancs.nhs.uk](http://www.MerseyWestLancs.nhs.uk)