

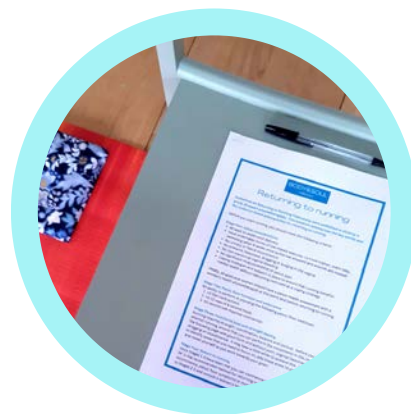
Physiotherapist-led support for physical postpartum recovery following a loss

The PABL Project is a safe space where you can acknowledge the postpartum changes in your body and be gently guided towards physical reconnection and recovery. You may not feel ready now, but when you are, you will find the following available on the website....



Physical Recovery Options to Suit You

- The Postpartum Assessment after Baby Loss available in-person or virtually
- Pilates after Baby Loss classes available in-person or online
- Self paced video library content including a Pelvic Floor Workshop, The Postpartum Recovery after Baby Loss Programme and more



Postpartum Information Sensitive to Loss

- Downloadable handouts on areas such as pelvic floor exercises and C-Section scar massage
- Links to evidence-based web pages about pelvic health issues relevant postpartum
- All information presented as free of triggering postnatal content as possible

thepablproject.com



@thepablproject

@thepablproject