

FAQ Pregnancy Care



Although pregnancy can be an exciting time, it can present some unique challenges as expectant mothers experience changes to muscles, ligaments and joints as their body shape and hormones change.

Camberwell Sports & Spinal Medicine's philosophy is to provide the best expertise whoever you are, whatever the aim. Our team can help women manage these changes, providing expert care and advice during pregnancy, childbirth and beyond. We know that for those who are pregnant or have recently given birth, the needs are always quite specific to the individual. It is our aim to provide the most comprehensive, holistic care possible with the highest level of expertise tailored to your needs.

Musculoskeletal problems that expectant mothers may experience include:

- Low back and coccygeal pain
- Pelvic girdle pain
- Abdominal muscle separation
- Carpal tunnel and wrist pain
- Oedema and swelling
- * Postural pain associated with feeding positions
- Problems with stress incontinence
- Mastitis
- Thoracic, rib and neck pain

Whether you need assistance managing a specific issue or advice on returning to sport and exercise after childbirth, we are here to help. Our holistic team approach to pre and post-natal care includes massage or myotherapy to address swelling and odema or leg pain, Osteopathy to address back and pelvic pain and other body changes, Physiotherapy to help with pelvic floor retraining and muscle recruitment or Podiatry for feet that are cracked or nails that aren't so easy to reach anymore. CSSM can provide options for your health needs.

As health professionals we have your health and the health of your baby as our primary focus. We believe a team approach provides the best health outcomes and with this in mind, ongoing correspondence with your GP, midwife or obstetrician are naturally part of our service to patients.

Making an Appointment?

Whether it is a Physiotherapy, Osteopathy, Podiatry or Remedial Massage services you are seeking. Our experienced team are available 7 days per week. Appointments can be made by calling the clinic on 03 9889 1078. Alternatively appointments can be requested via our online portal at our website www.cssm.com.au

Do I need a referral from a GP?

While GP's and specialists seeking the best care for their patients often refer patients to see our team, a referral is not necessary. We understand that many patients are nervous about their pregnancy and possible outcomes, with this in mind, ongoing correspondence with your GP, midwife or obstetrician are naturally part of our service to patients.

Is treatment covered by my private health fund?

Depending on your level of cover our treatment is covered under the ancillary or extras cover of most major health insurers. Camberwell Sports & Spinal Medicine is able to offer "on the spot" rebates via HICAPS. The rebate varies depending on your health insurer and level of cover so check the details of your policy.

What to wear?

It is best to wear loose comfortable clothing that enables clear assessment and access to the abdominal region. Shorts or tights are preferred to allow unrestricted movement during the assessment.



1431 Toorak Road Camberwell 3124 | t/ 03 9889 1078 | www.cssm.com.au

Open 7 Days

Monday 8 am - 8:30 pm
Tuesday 7 am - 8 pm
Wednesday 7 am - 8:30 pm
Thursday 7 am - 8:30 pm
Friday 7 am - 5 pm
Saturday 8 am - 4 pm
Sunday 9 am - 5 pm