

Antenatal and Postnatal Exercises

Exercises and care for shoulder, neck and back pains



<http://s.fhs.gov.hk/u1opb>

Care for pelvic girdle pain



<http://s.fhs.gov.hk/sowiy>

Prevent and relieve lower limb discomfort



<http://s.fhs.gov.hk/menlz>

Pelvic floor muscle exercise



<http://s.fhs.gov.hk/lxnhe>

Prevention of wrist pains



<http://s.fhs.gov.hk/vjmcr>

Relaxation exercise



<http://s.fhs.gov.hk/9m6i5>

Postnatal exercise



<http://s.fhs.gov.hk/rxy5w>

Proper postures in baby care



<http://s.fhs.gov.hk/f1yds>