



For Mothers Returning to Riding:

## Post-Pregnancy Rehabilitation & Support Programme

A 'Rehabilitation & Support Programme' designed for the horseracing industry providing guidance to mothers returning to riding work post pregnancy.

An opportunity to work with 'Specialist Rehabilitation Physios'

Each individual programme includes six sessions with your physio providing a tailored fitness plan, strength & conditioning support and gym work instruction.



Physical Support



Psychological Support



Emotional Support



For more information on this Programme & to enquire about a place, please contact

[Dana@simplyracing.uk](mailto:Dana@simplyracing.uk)

[www.racinghome.org.uk](http://www.racinghome.org.uk)

SCAN ME

