



HUBER TESTIMONIAL
PRE & POST PREGNANCY CARE

I have had a relationship with Perth Integrated Health Clinic for several years both as a patient and also I provide their practice management software. I previously visited an osteopath monthly about my back pain but started seeing Ian Wee his other occupational therapists at Perth Integrated Health clinic when I was pregnant with my first child. My osteopath could not see me after 5 months gestation and so I started seeing Ian during my first pregnancy.

I now have 2 children (1 girl 4 years old and 1 boy 10 months old). With my daughter in 2004 - she was my first and I didn't have a clue. I have had back pain for years on and off and it was quite bad but during labour I had horrible back pain and cramps in my back and hips and therefore needed to have assistance of vacuum extraction and it took ages in labour to get her out.

With my second pregnancy (my son), I was determined to take control and do it all myself and to rectify the issues I had in my first labour. After discussions with my occupational therapist at Perth Integrated Health Clinic, I started treatment and after treatment session either once or twice a week went on their new machine called the HUBER. This machine is the best thing I have ever seen and made my hips so flexible. During my labour with my son, who was 4.3kg (9lb 8oz), I could bring my legs right up to a yoga move without cramping and I pushed him out in 20 minutes unassisted. I reduced my labour as I was able to walk around right up to having him so his head dropped relatively quickly.

I BELIEVE THAT ALL PREGANANT WOMEN ESPECIALLY THOSE OF YOU WHO HAVE BACK OR HIP PAIN OR CRAMPS DURING PREGANACY SHOULD CHECK THIS OUT AS IT IS WONDERFUL!!!

Check out Perth Integrated Health Clinic's website for more details:
<http://www.pihc.com.au/huber.html>.

I am now doing whole body vibration and still using the HUBER sometimes. I also did some Key Module just after I had my baby to get my body back to normal after the pregnancy too. The HUBER is something that isn't advertised (and is kind of a secret that I have stumbled across) but I believe every pregnant woman should give the HUBER a go as it exercises all the areas that hurt and need to be exercised when you are pregnant – pelvis, low back and hips. It helps you to remain flexible and of course it helped me to reduce labour time and I needed no assistance and had a relatively large baby.

**Book in with Occupational Therapist, Lucy Liongue or Danae Beard for your
Initial Consultation by calling:**

**9240 5266 (PIHC Northern Districts-Balcatta) or
9364 8626 (Performance Enhancement Clinic, Melville).**

For more information contact Occupational Therapist:

Lucy Liongue (lucy@pihc.com.au)

*Northern Districts Centre - Unit 12, 8 Booth Place Balcatta. (Entry via Erindale Road)
Tel: 9240 5266 Fax: 9240 1522*

*Performance Enhancement Clinic- located within Melville Aquatic Fitness Centre
Marmion St, Booragoon. Tel: 9364 8626*

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