



INTEGRATED POST NATAL PHYSIOTHERAPY & FUNCTIONAL FITNESS

Mummy MOT Results

Thank you for attending your Mummy MOT Assessment today. Below are your practitioner's detailed findings. Please keep this form for future reference as it can be shown to GP's or Fit Pro's to aid future assessment and further treatments.

Name:	Date:
Posture and Breathing:	
Abdominal Result:	
Pelvic Floor Result:	
Recommended Exercise and Advice :	
Any other significant findings:	