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**PACKAGE FOR  
PREGNANT WOMEN**

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Includes 2 scheduled appointments tailored to your needs beginning in the second trimester (~20 - 23 weeks into your pregnancy; option to start earlier depending on your needs). Follow-up appointments will be scheduled individually.

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### **Included in the package**

- Physiotherapy/massage for pregnant women
- Kinesiotaping
- Learning exercises under the guidance of the physiotherapist
- Understanding what your back and spine like/dislike during pregnancy
- Physiotherapist's care throughout the pregnancy
- Exercises that can be done at home
- You decide whether our appointments will be 1 hour massages or strengthening training

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## **Package benefits**

- Tailored to your needs
- Assigned your own physiotherapist at your first appointment; she will be at your disposal throughout the entire program
- Have the option to always stay in touch. If there are any questions or concerns between appointments, we welcome a phone call or email

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## **Pricing**

2 appointments: 350 zł,  
1h each

## **More information**

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