



Weight Loss Protocols in Young Mothers Using Non – Surgical Weight Loss procedures and Core Strengthening exercises.

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Gestational period is the most important phase in a woman's life during which the body undergoes many changes due to hormonal interactions to accommodate the growing foetus. Weight gain and increase in waist circumference along with changes in abdominal musculature are more common resulting in increased lordotic curve of lumbar spine. There could be an overall weight gain of around 10 – 14 kg distributed throughout the body, of which a young mother tends to lose 50-70% in the 1st year of child birth.



Dr. V.V. Manjula Kumari, PHd(HC) has completed her master's in physiotherapy (Sports & Musculoskeletal) from Dr. NTR University of Health Sciences, Vijayawada, Andhra Pradesh, India; currently she is working as "Senior Physiotherapist and Director" to "KIITES

Pre-natal, peri-natal, post-partum, C-Section, vaginal delivery, Diastasis Recti, EMS, IRR, Massage Therapy, Cavi-lipolysis, laser lipolysis, Core-strengthening exercises.

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