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In Touch NYC Physical Therapy introduces their *Post Natal Pilates* program with child care

In Touch NYC Physical Therapy begins a *Post Natal Pilates* program for women every Friday from 8:30am - 1:00pm starting May 16th, 2014. Licensed physical therapist and certified Pilates instructor, Beth Simoes, will head the program to assist women in restoring their bodies after child birth. This new service will include one-on-one Pilates training with Simoes while In Touch NYC Physical Therapy provides child care for participating mothers.

In Touch NYC Physical Therapy, with four locations in Midtown Manhattan, continues to grow adding new locations and expanding its services. This new program *Post Natal Pilates*, will help women to restore their bodies from the physical stress that pregnancy and birthing can have on their bodies. Licensed physical therapist and certified Pilates instructor Beth Simoes is introducing this program after recently giving birth to her own baby girl. Simoes decided to incorporate this post natal program so new mothers had a resource with a keen focus on regaining their strength and rebuilding their abdominal and pelvic areas that are severely strained during the birthing process. Simoes will work one-on-one with these women and help them restore their core using Pilates techniques. Pilates offers a safe method to rebuild and strengthen trainees core with slow and controlled moments that can be administered with sensitivity to all the various areas of the body. Simoes shares with us in her recent blog post The Power of Pilates During Pregnancy that, "I have always been a strong advocate of Pilates but even more so following the birth of my daughter. I was literally able to push my daughter out naturally with only four tries. Even my MD asked what I did during pregnancy to stay strong and have such a smooth birth." Simoes begins this program to translate her personal experience into a service that adds value to In Touch NYC Physical Therapy's work with their patients.

In addition, In Touch NYC Physical Therapy offers child care for mothers who need or want to bring their children with them to their *Post Natal Pilates* session. This program will be offered by appointment only on Fridays beginning May 16th 2014 at their 70th Street location. For appointments and additional info: Phone 212.288.2988 Location 214 E. 70th St GF New York, NY 10021 Therapist and Instructor: Beth Simoes M.P.T., C.P.I. *Most Insurances Accepted*

