

SAFE AND HEALTHY PREGNANCY EXERCISE

EXERCISE DURING PREGNANCY

Exercise during pregnancy is important for both mother and child. In fact, at least 20 minutes per day is recommended. But it can be hard to know what is - and isn't - safe

During pregnancy, exercise can:

- Reduce low back pain
- Lower the risk of gestational diabetes
- Maintain a healthy weight gain
- Improve labor and delivery
- Lower the chances of a C-section
- Relieve constipation and GI issues

HOW TO EXERCISE

Stay hydrated and exercise in cooler areas. This helps to avoid overheating.

Pay attention to your body. Pain that doesn't resolve quickly after exercise, a feeling of heaviness in the vagina, leaking urine or urinary urgency are all warning signs to be addressed.

If new to an exercise, start slow. Build up in slow increments, especially if you're doing something new during pregnancy.

Make smart exercise choices. Consider activities like walking, yoga, swimming or supported strengthening less likely to result in a fall.

Work with a pelvic PT to find safe exercises that work for you! Many new moms don't realize that pelvic PTs are specifically trained to help you throughout pregnancy, including with your exercise regimen!

BENEFITS OF EXERCISE

There are so many benefits to maintaining a regular exercise regimen throughout pregnancy. Need help? Ask a pelvic PT!

Reduced leg swelling

Swelling in the legs is common during pregnancy, but exercise can help! Pelvic PT also reduces swelling with drainage techniques and increasing blood flow.

Especially in the third trimester, see if you can get in the pool!

Swimming or water aerobics can provide an amazing sensation of weightlessness while still getting your body moving.

Get better sleep

Often pregnant women who exercise find they are able to sleep longer and deeper than those who are less active.

Faster recovery after delivery

Exercising during pregnancy gives you a head start on recovery.

Make sure to check in with your pelvic PT 3-4 weeks after giving birth to check your pelvic floor, diastasis and expedite your healing!

PELVIC PHYSICAL THERAPY FOR A HEALTHY PREGNANCY

CARE DURING PREGNANCY

We believe every woman deserves the practical, positive information they need to have a healthy, safe pregnancy.

Unfortunately, most women just get a packet of information from their OB-GYN or piece together knowledge on their own.

We'd love to work with you for your best possible pregnancy!

HOW PELVIC PT HELPS

Reducing pain and discomfort. While common, pain or discomfort is not normal and not something to "just live with." Low back, pubic bone, SI joint, sciatic, or mid-back pain can all be alleviated with pelvic PT.

Safely exercising during pregnancy. Working with you to find safe, effective ways to exercise throughout pregnancy for both your health and that of your child.

Having a smoother delivery. Teaching you to relax the pelvic floor muscles for a smoother delivery. We also reduce the risk of tearing during delivery by showing you (or your partner) perineal massage to prepare.

Reducing post-natal complications. We want you as healthy as possible during pregnancy and ready to heal and recover to reduce risks of diastasis recti, incontinence, prolapse, low back pain, painful intercourse or other post-natal issues.

MYTHS OF PREGNANCY

There's so much misinformation out there about pregnancy that keep women from having a comfortable, healthy pregnancy and delivery. Here are some of the worst!

Pregnancy just has to be uncomfortable

False! Discomfort or pain is common but not normal, and absolutely something you can reduce with pelvic PT. This includes low back or pelvic pain.

I should be doing my Kegels

False! The uterus actually pushes out the baby, and the pelvic floor muscles need to RELAX for a smoother delivery.

I can't prevent tearing during childbirth

False! We teach perineal massage to pregnant women and their partners to prepare for delivery.

Pelvic health issues after pregnancy are inevitable

False! Starting 2-3 weeks after delivery we can resolve post-natal symptoms and get you feeling healthy and strong again!