



Pregnancy Pilates

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Whilst pregnancy is not an illness it is a specific condition that needs extra care and consideration when participating in exercise. Mums to be need to make changes to their exercise programme during their pregnancy. However, it is also important to remember that you may also need to make changes to your everyday life, the way you stand, sit or lift, will need adapting as your pregnancy progresses.

Whilst most exercise can't make the whole event of pregnancy less intense or guarantee a quick & easy delivery, pregnancy pilates, can help Mum to keep fit & healthy, dealing with both, the job of labour and the stresses and strains that pregnancy can put on both the mind & body.

It has been proved women who have a good pelvic floor in pregnancy, do have a shorter 2nd stage in labour.

The pelvic floor should be addressed, so too should the shoulder and hip stability, helping create a strong "trunk". If this type of exercise is followed both before and during pregnancy it can have a positive effect on the mother both in terms of reducing back pain, postural management, pelvic floor function, and should not be detrimental to the health and well being of the growing foetus. This in turn can have positive benefits for the Mum after delivery both physically and psychologically.

Providing these exercises are appropriate for each stage/trimester of pregnancy, you will be able to prepare muscles and allow yourself more stamina to cope, on a day-to-day basis, up to and during labour.



The three trimesters of pregnancy

1st Trimester - This stage of your pregnancy starts from the time of conception to the 12th week.

The hormone relaxin is produced and will prepare the body at the end of the first trimester. It is responsible for relaxing the ligaments around the pelvis allowing separation of the joints of the pelvis therefore increasing space in the pelvis for child-birth. It enables the abdominal muscles to stretch during pregnancy and the pelvic floor muscles to stretch during labour.

As relaxin affects the body it can become less stable around the joints and Mums to be can be prone to injury during activity and less stable in their everyday movements. In an ideal world the abdominals should be in a good condition before getting pregnant. If you are already taking Pilates classes, you can carry on as normal within the first 12 weeks. If however, if you are having twins or are new to abdominal exercise, then you should do the second trimester Pilates exercises at this stage.

Second Trimester - This stage of your pregnancy starts from the 12th week to the 28th week.

The foetus is now out of the pelvis; therefore we need to adapt the abdominal training from the first trimester. Tummy crunches (six pack) & Oblique twists should now be avoided.

Exercises that focus on the core stability together with pelvic tilts are now most appropriate, it is very important that there is no doming of the abdominals as this will have the adverse effect of what you need to achieve.

Third Trimester - This stage of your pregnancy starts from the 28th week to delivery.

20 - 30 weeks - Due to a Supine Hypertensive Syndrome, lying on your back needs to be adapted. This normally happens at approximately 20 weeks



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"In 10 sessions you'll feel the difference, in 20 you'll see the difference and in 30 you'll have a new body" Joseph Pilates (1881-1967)

Improve Posture ● Tone Muscles ● Boost Core Strength
● Relieve Back Pain ● Increase Flexibility ● Prevent Injury
● Energise Yourself

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Semi Private Classes (max 4) , Private Classes (one to one)
Workshops on GYROKINESIS®, Pilates for Golf, Runners and Tennis