



of pregnancy but can happen at 12 weeks. This syndrome is possibly caused by the weight of the uterus impeding blood flow.

This could lead to feeling light headed, nausea and at the worst fainting. If you have any signs of this syndrome you would need to avoid Pilates exercises lying on your back completely. Pilates core stability exercises are again suitable for this stage of pregnancy together with small pelvic tilts on all fours or alternatively lying on your sides. This will help alleviate or at least lessen the chances of developing back problems which affect nine out of ten pregnancy's. 30 - 40 weeks - At this stage it is far more likely that the rectus tummy muscle may split, if they have not already done so. This is due to the increasing size of baby. The rectus tummy muscle will now be very stretched and therefore weaker than normal.

Pilates core stability and pelvic tilt exercises should be held for shorter periods than before at 20 - 30 weeks. General trunk stability will be key. Towards the end of pregnancy these kinds of appropriate Pilates exercises will now lessen in repetition, this is very individual & will depend upon the physical well being of Mum along with pre- pregnancy fitness & size of baby. Alternative Pilates exercises will now be performed avoiding lying on your back.

Post-Natal Period

Normally between six to eight weeks is the time when you may be ready to return to a post-natal Pilates class, after Mum has seen a GP for a post-natal check. However, please be aware that with a caesarian section, Mum may not be insured to drive until a GP is confident that you are capable of doing an emergency stop.

Post- natal Pilates classes can now enable your instructor to test your Diastasis Recti, separation of the rectus abdominus muscles. This muscle does not always return if at all to the way it was in pre-pregnancy and is why it is extremely important for you to have a confident and qualified instructor, who will be able to advise you when it is appropriate for you to re-introduce conditioning rectus

abdominus and internal obliques (side tummy muscles). It is imperative to continue to keep all of your abdominals conditioned, doing the appropriate exercises such as pelvic floor and core conditioning which can help avoid incontinence (bladder & bowel control) in later life.

The hormone relaxin, will stay in the body for five to six months after delivery and can be longer if breast feeding.

Therefore, it is important to be aware of this and be sure that you attend a specific post-natal Pilates class to enable correct and appropriate exercises for post-natal women. Remember over stretched muscles and ligaments at this stage can cause long-term injury.

Thanks to Toni French, Pilates Professional, situated at The Walled Garden, Hildenborough Tel 07776 256774 or tonis_pilates@hotmail.co.uk.

pilates



Pilates is a precise and safe exercise method which can be adapted to suit all ages and fitness levels, by strengthening the deep abdominal and back muscles, flexibility, muscle control, coordination, tone and posture is improved. Using breath to link a series of movements, mind and body are integrated resulting in increased energy and relaxation.

One to One • Two to One • Group Classes

Information & Booking

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