



Calvary

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Continuing the Mission of the Sisters of the Little Company of Mary



Calvary

Physiotherapy Antenatal Education Session



Continuing the Mission of the Sisters of the Little Company of Mary

What we will cover

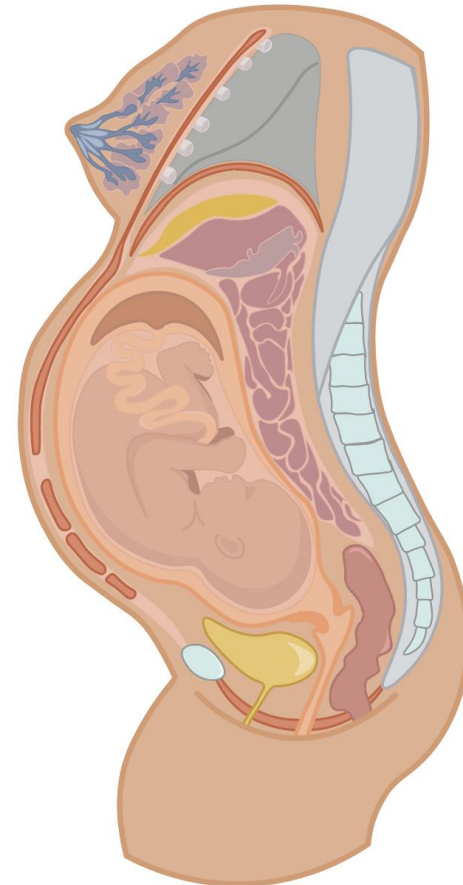
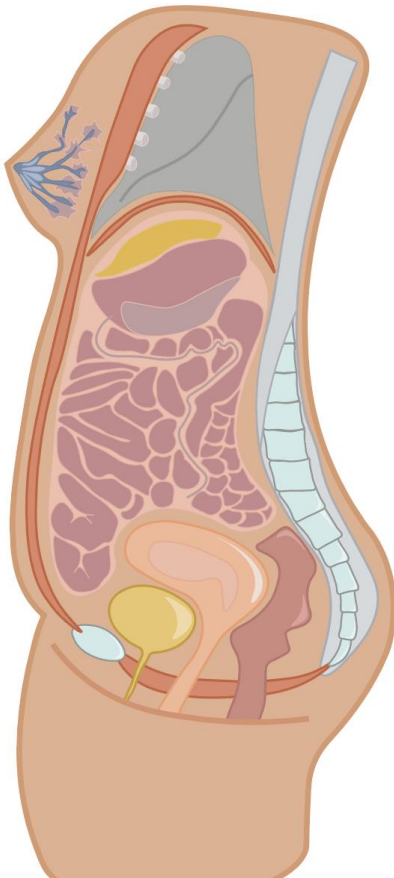
- How your body changes
- Looking after yourself
- Challenges and solutions
- Preparing for labour and birth



Changes During Pregnancy

Before

At 36 weeks



Looking After Yourself During Pregnancy

Pelvic Floor Muscles/“The Knack”

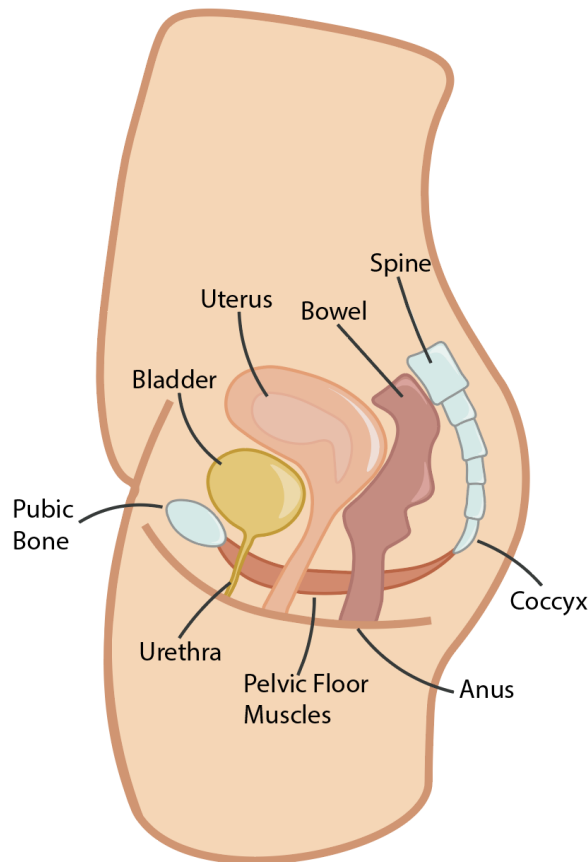
Bowel Health

Back Care

Safe Exercise



Your Pelvic Floor – What does it do?



- Bladder & bowel continence
- Sexual function
- Supports the pelvic organs (bladder, bowel & uterus)
- Supports the lumbar spine

Pelvic Floor Muscle Training



START NOW

Sets – 3

Reps – 8-12

Strength – near
maximal

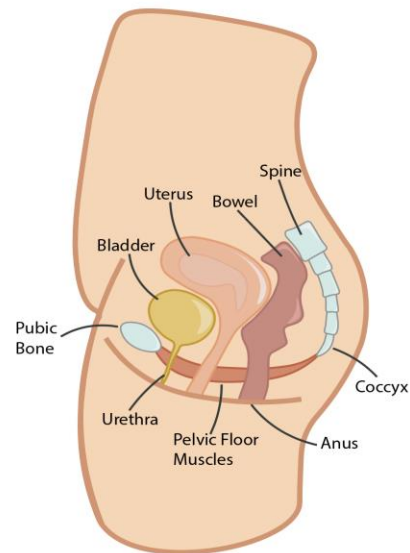
Hold time – 6-8 seconds

Sampelle et al, 1998 (Cochrane Review)

“The Knack”

Always activate your pelvic floor muscles before you sneeze, cough, stand up or lift something.

A women’s health physiotherapists can provide assistance with bladder issues



Bowel Health



Avoid straining and constipation

Go with urge

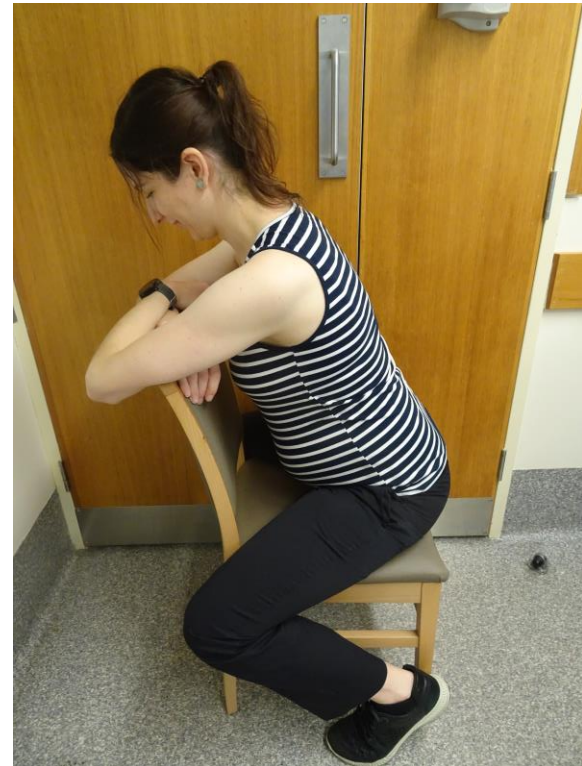
The right position

Eat well – fluid and fibre

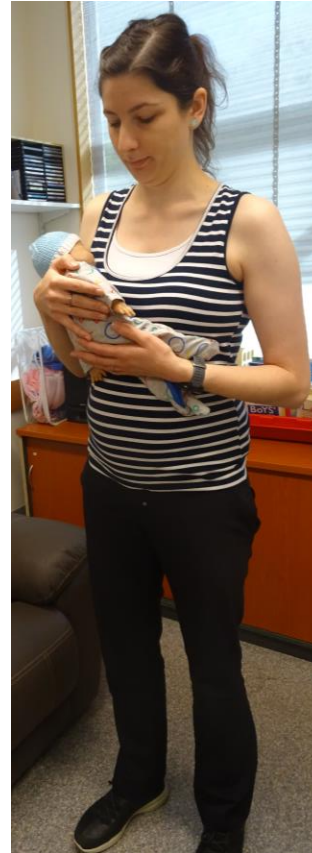
Back Care – Posture



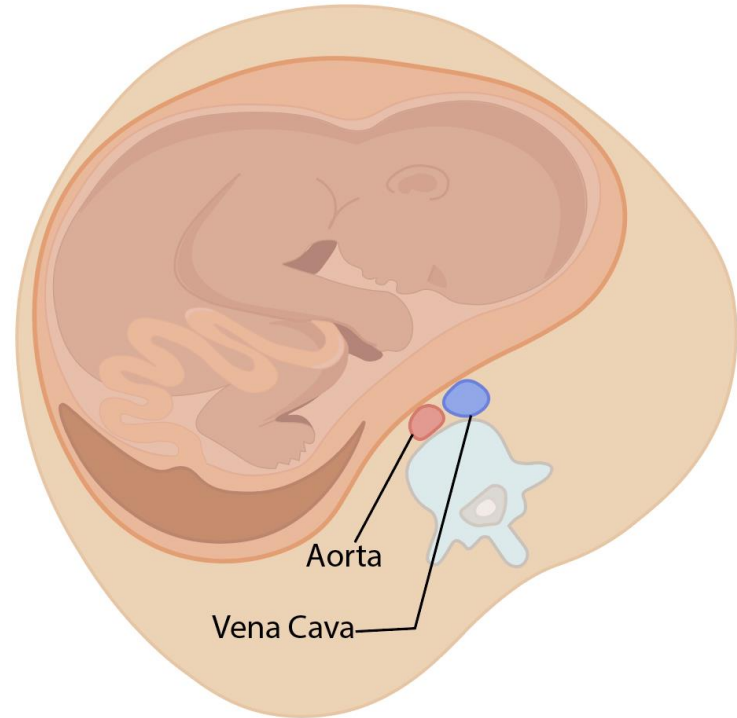
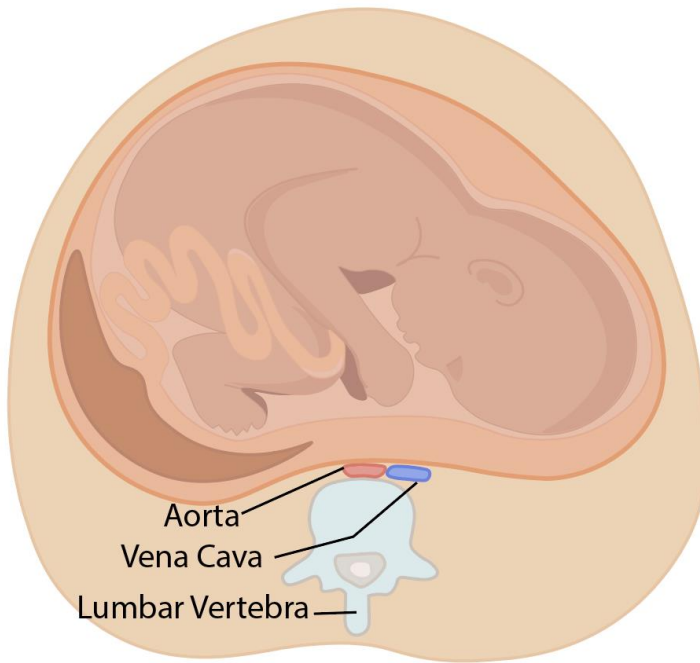
Back Care - Sitting



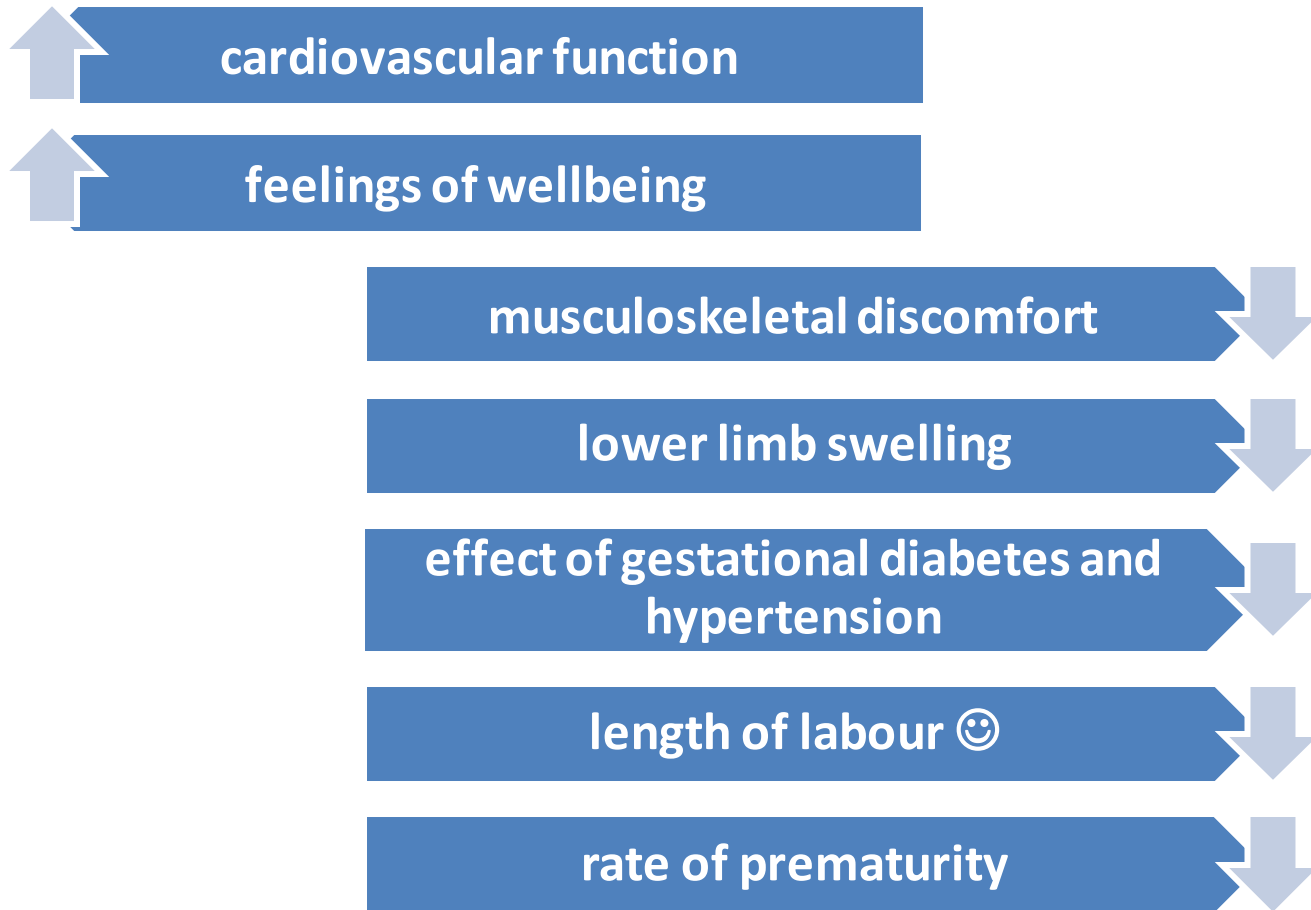
Back Care – Lifting and Carrying



Sleeping



Benefits of Exercise



Melzer et al, 2012

Lack of exercise **increases the risk of:**

- High blood pressure
- Shortness of breath
- Maternal and childhood obesity
- Gestational diabetes
- Pre-eclampsia



Exercising Safely

- Medical screen prior to starting
- If new to exercise start gradually
- 20 – 30 min, 5-7 days/week
- Aerobic, strength & conditioning
- Include PFMT
- Warm up & cool down
- Keep breathing evenly

Avoid:

- High impact
- Contact
- On back (after 16 wks)
- Crunches
- Breast stroke

Remember

- Keep cool
- Drink often
- Eat well

ACOG Guidelines 2015

Exercise Options

- Low-impact aerobics
- Swimming/Aqua classes
- Cycling/Stationary bike
- Modified Yoga/Pilates
- Strength training*
- Walking/Jogging*/Running*
- Racquet sports*



ACOG Guidelines 2015

STOP exercising...

- Vaginal bleeding
- Regular painful contractions
- Preterm labour
- Pronounced shortness of breath
- Dizziness
- Headache
- Chest pain
- Calf pain or swelling
- Amniotic fluid leakage
- Muscle weakness affecting balance

...SEEK MEDICAL ADVICE

ACOG Guidelines 2015

DO NOT exercise:

- Pregnancy hypertension
- Pre-Eclampsia
- Incompetent cervix/cerclage
- Persistent bleeding
- Placenta Praevia (after 26/40)
- Severe anaemia
- Some types of heart disease
- Restrictive lung disease
- Waters broken
- Halted premature labour
- Twin pregnancy (or more) at risk of premature birth

ACOG Guidelines 2015

Challenges and Solutions

Round Ligament

Wrists

Back/Pelvic Girdle

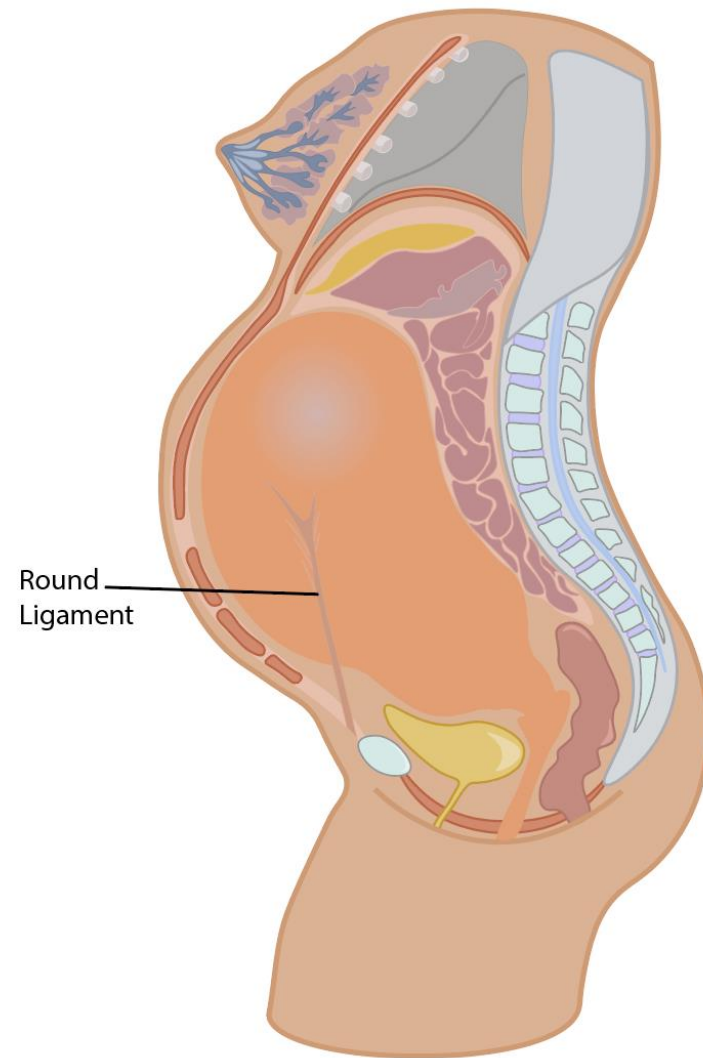
Abdominal Separation



Round Ligament

What can help...

- Tilting the pelvis
- Heat
- Rest
- Move slowly
- Engage lower abdominals



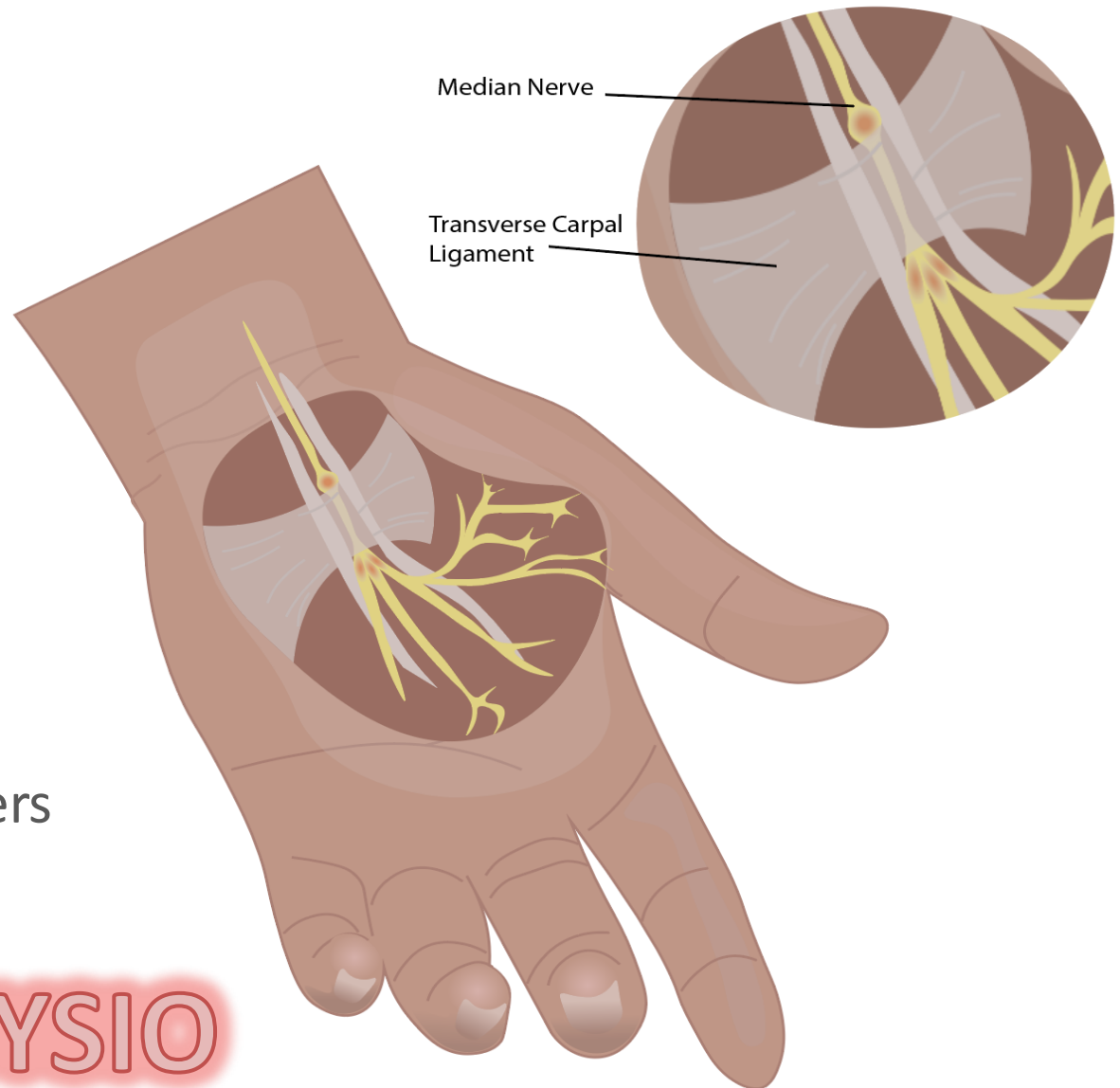
Wrists

Carpel Tunnel

What can help...

- Heat/ice
- Massage
- Avoid/modify triggers
- Splinting

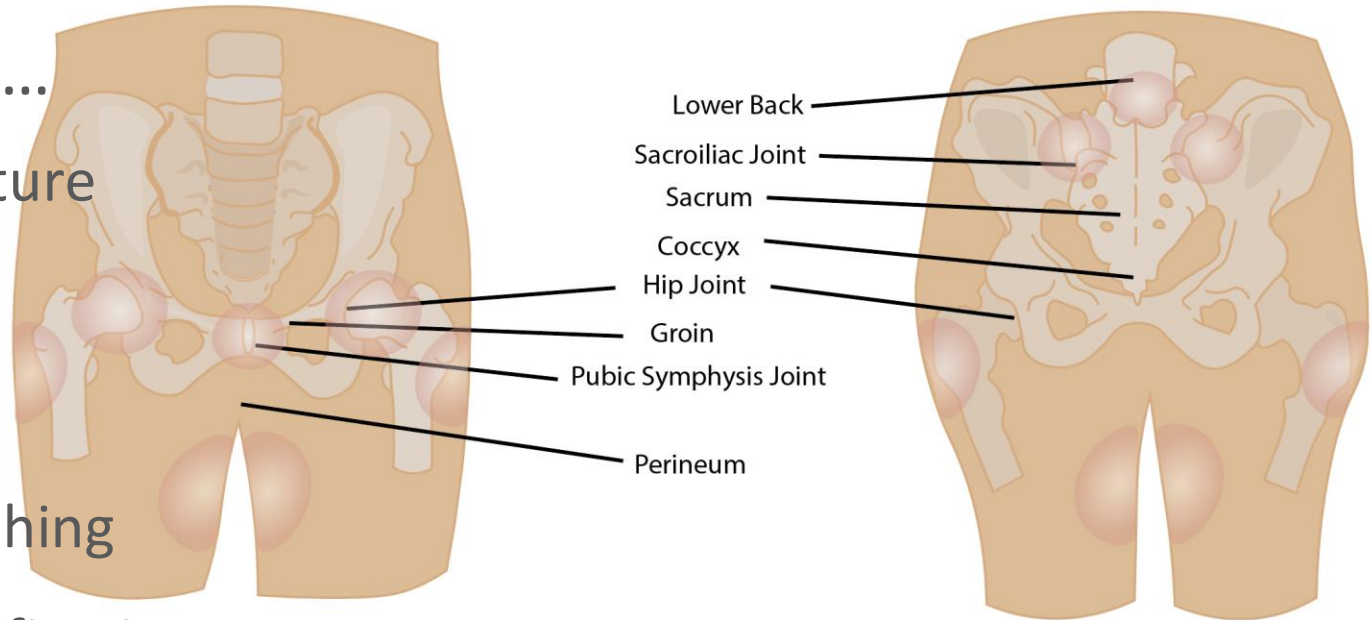
PHYSIO



Back/Pelvic Girdle

What can help...

- Improve posture
- Heat/Ice
- Pelvic tilts
- Gentle stretching
- Activity modification
- Engage abdominals &/or belts
- Specific and targeted exercise

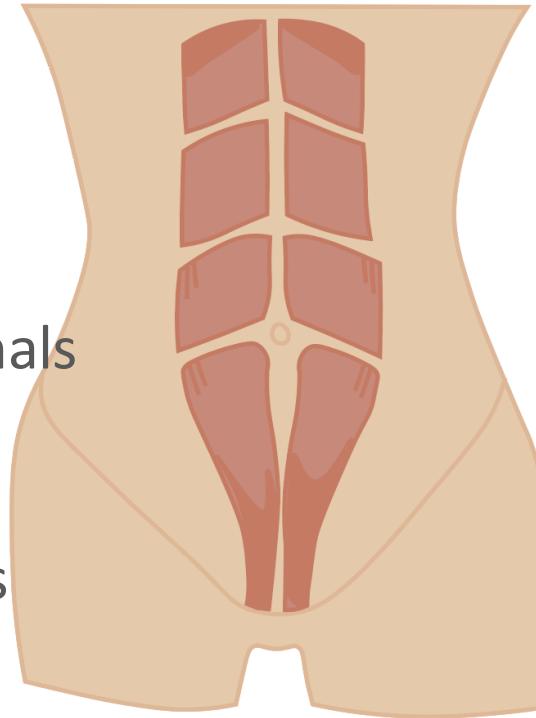


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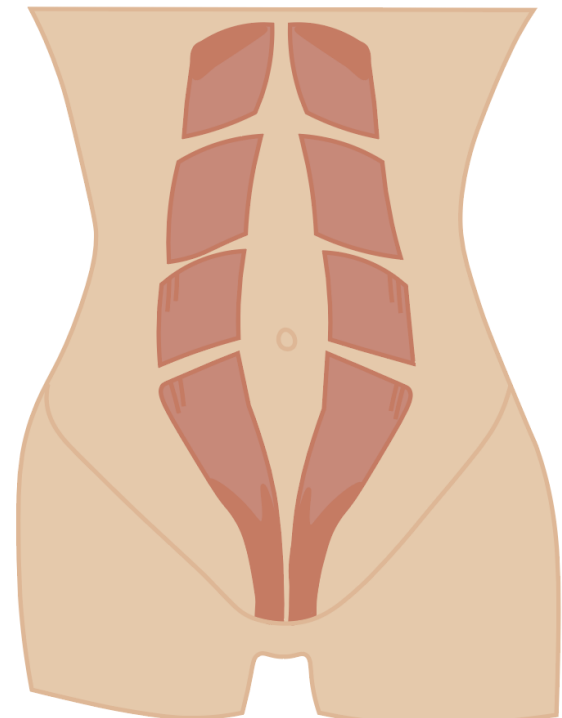
Abdominal Muscle Separation

What can help...

- Improve posture
- Engage lower abdominals
- Support belts
- Avoid sit-ups/crunches
- Activity modification



Rectus Abdominus Muscle



Rectus Abdominus Muscle
Separation

PHYSIO

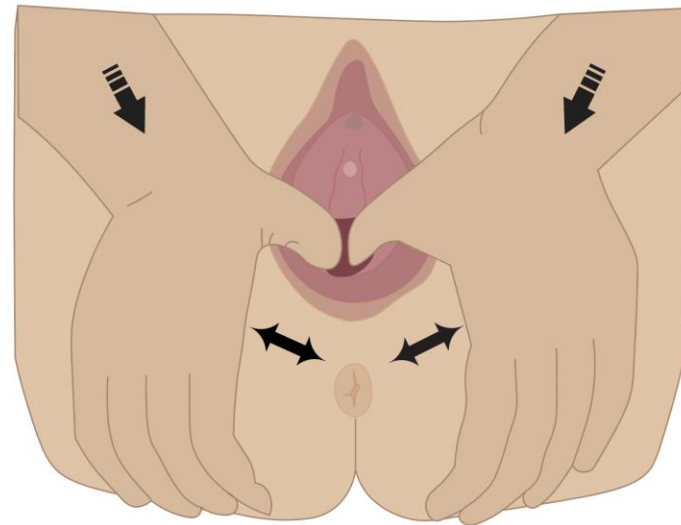
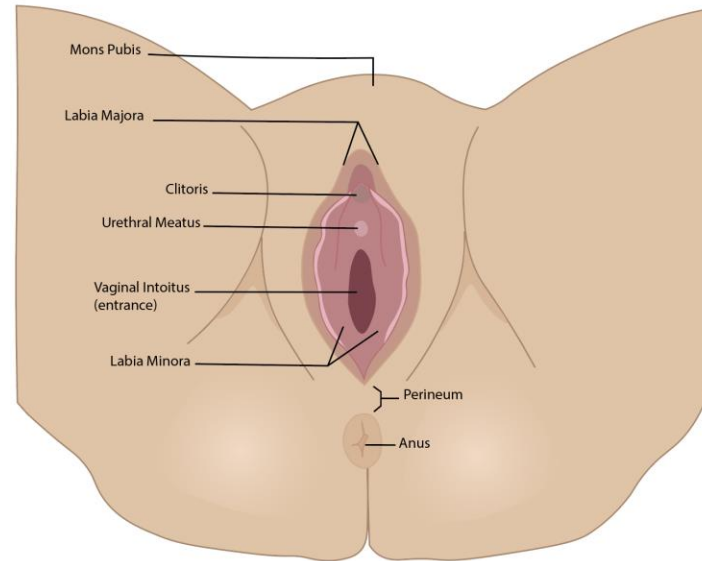
Preparing for Labour and Birth

- Perineal Massage
- Strategies to assist during labour/labour positions

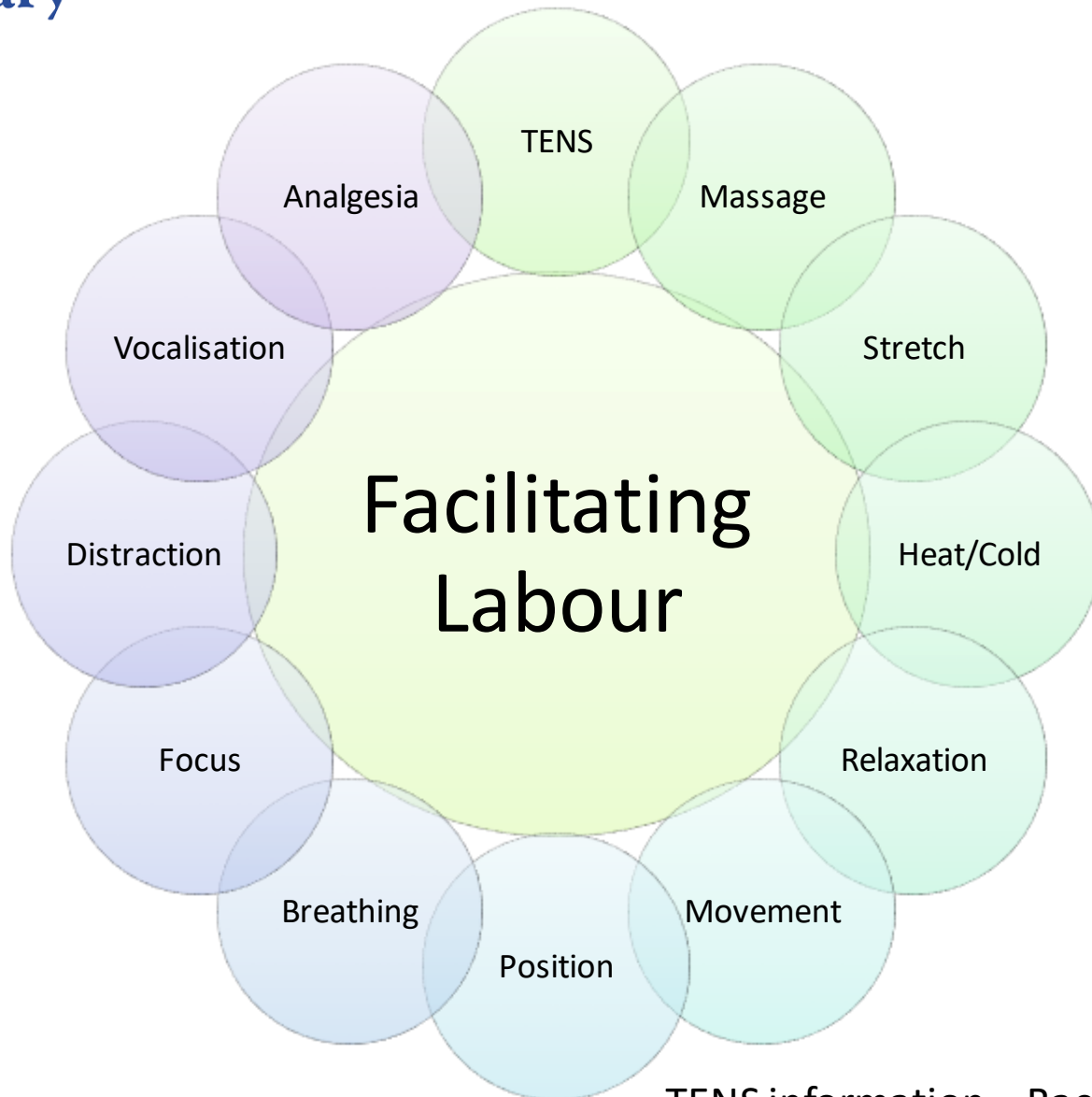
Your Birth, Your Way

Perineal Massage

- Start at 35-36 weeks
- Benefits of massage:
 - Less perineal trauma
 - Less perineal pain after birth

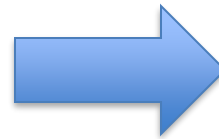


Beckmann & Garrett, 2006 (Cochrane Review)



TENS information – Baez-Suarez et al, 2018

Positions to Support Labour



Shorter labour
Less intervention
Milder pain
😊 experience

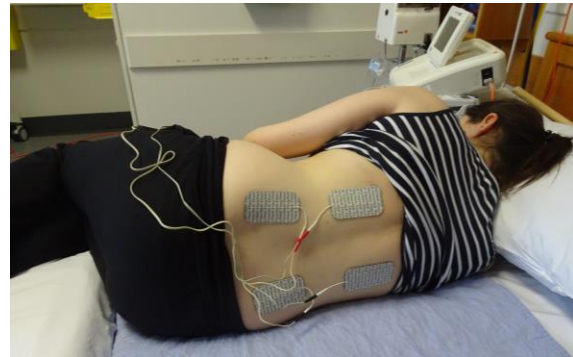
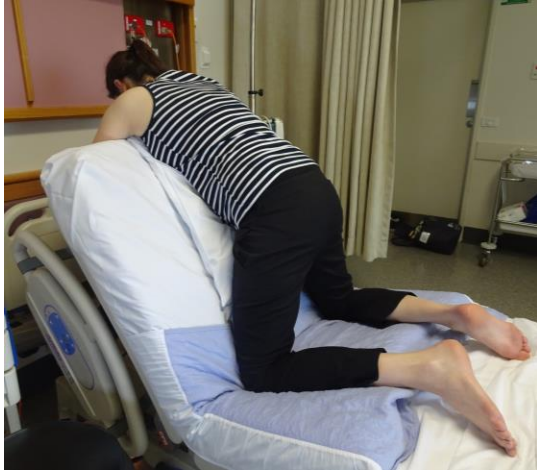
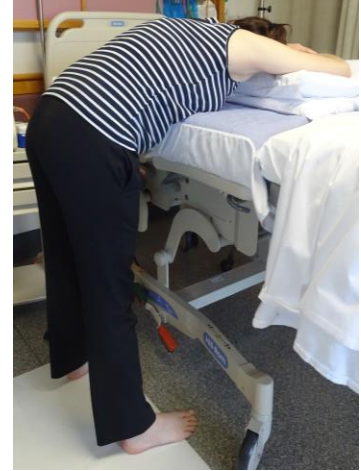
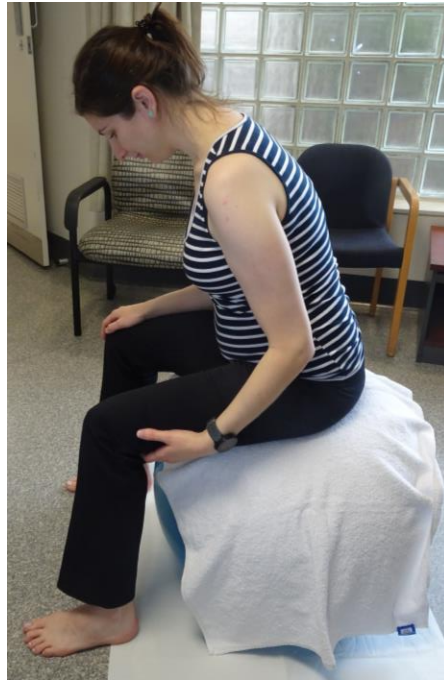
Upright Leaning Forward Legs Apart

Priddis et al, 2012

Less Helpful Positions

- Lying on your back
- Reclining/recumbent
- Full Squatting
- Cross-legged sitting





Reference List

Sampselle, C.; Miller, J.; Mims, B.; Delancey, J.; Ashton-Miller, J. & Antonakos, C. “Effect of pelvic muscle exercise on transient incontinence during pregnancy and after birth”, *Obstetrics and gynecology (Cochrane Review)*, 1998, vol. 91, no. 3.

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Priddis, H.; Dahlen, H. & Schmied, V. “What are the facilitators, inhibitors, and implications of birth positioning? A review of the literature”, *Women and Birth*, 2012, vol. 25, no. 3.

Baez-Suarez, A.; Martin-Castillo, E.; Garcia-Andujar, J.; Garcia-Hernandez, J.; Quintana-Montesdeoca, M. & Loro-Ferrer, J. “Evaluation of different doses of transcutaneous nerve stimulation for pain relief during labour: a randomized control trial”, *U.S. National Library for Medicine*, 2018, vol. 19.