

Physiotherapy Antenatal Care



Physiotherapy Department

Back Care

Extra care should be observed during pregnancy especially in the low back to avoid labor difficulties. Below are important things to remember about back care:

- Stand well keep tummy and bottom tucked in.
- Sit in a comfortable chair with good back support to support lumbar curve.
- Sleep with a pillow under your buttocks and between your legs.
- Roll to get out of bed.
- Lifting correctly by bending your knees, keeping your back straight, tightening your stomach and pelvic floor muscles and holding the object firmly and close to your body.
- Change your position frequently throughout the day.
- Take care of your back while hoovering, shopping, and ironing.



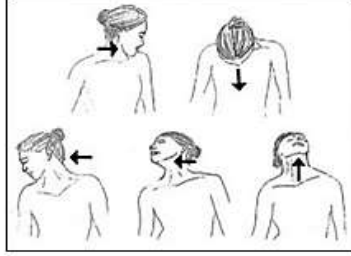
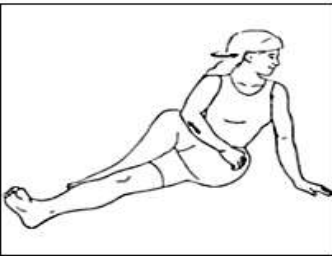
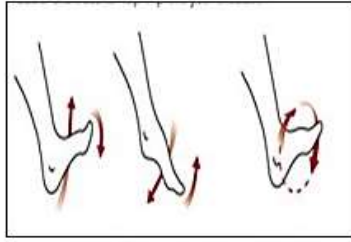
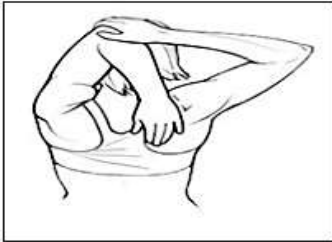
Antenatal exercises are an important part of preparation during pregnancy. An active lifestyle with reasonable physical activity during pregnancy is extremely beneficial to the mother.

Benefits of exercise:

- Minimize minor discomfort associated with pregnancy.
- Improve posture.
- Physically prepare for the strain of delivery.
- Enhance circulation, builds exercise tolerance and endurance.
- Provide a feeling of general well-being.

Warm up exercises

You can do these exercises at home on a daily basis:



GENERAL EXERCISES

Sitting Exercise

Sit with your knees and ankles bent. Lean gently forward while keeping your back straight and you are in a comfortable position.



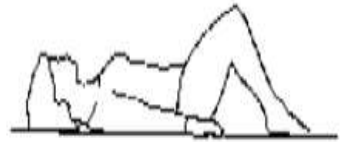
Ligament Lengthening Exercise

Sit, open your thighs and try to touch your feet together, press on your knees gently to increase the length of the ligament, this will help you on delivery.



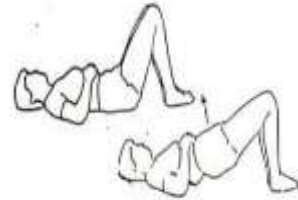
Pelvic Tilt

Lie on your back with your knees bent. Keep the back flat while holding your tummy in. Hold for 5 sec and breath in & out.



Bridging

Lying on your back, knees bent and feet on the floor. Lift your hips several inches off the floor. Come back to the original position .



Abdominal Exercises

Lie on your back and bend your knees, contract your abdominal muscles and raise your head and shoulder upward.



From the same position raise your right hand toward your left knees and raise your head and shoulder then repeat to the other side.



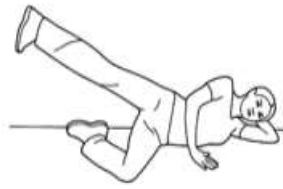
Cat-Camel Exercises

Get down on your hands and knees on the floor as in the picture, inhale deeply and contract your abdominal muscles to make a curve with your back, then exhale and let your stomach compress down toward the floor with raising your head up.

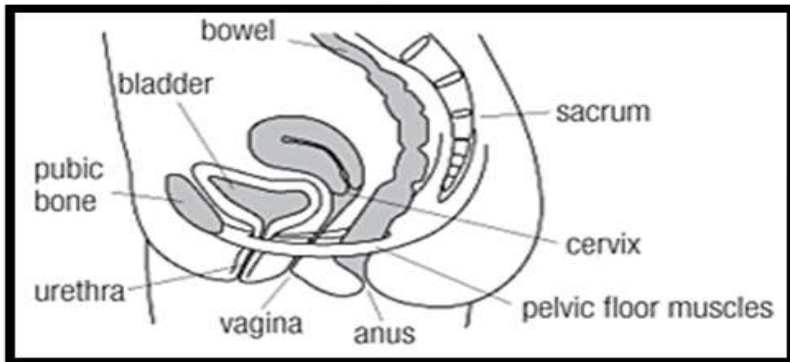


Leg Strengthening Exercises

From side lying position raise your leg upward and hold for 5 seconds then relax and repeat.



PELVIC FLOOR EXERCISES



What is the Pelvic Floor?

The pelvic floor is a group of muscles that hold the pelvic organs in place. Recovery of the muscle strength is important for continence and to support the pelvic organs.

All women should exercise their pelvic floor muscles regularly throughout life, to prevent or correct weakness.

How to Strengthen Pelvic Floor Muscles?

- Begin by lying on your back with your knees bent .
- Squeeze and draw up the muscles around your anus, vagina and urethra as strongly as possible. Hold for 2-3 seconds ,then relax. Repeat this 3-5 times and at least 6 times a day.

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