



**THE  
ROTUNDA  
HOSPITAL**  
DUBLIN



# Antenatal Class 1

Physiotherapy



# Overview

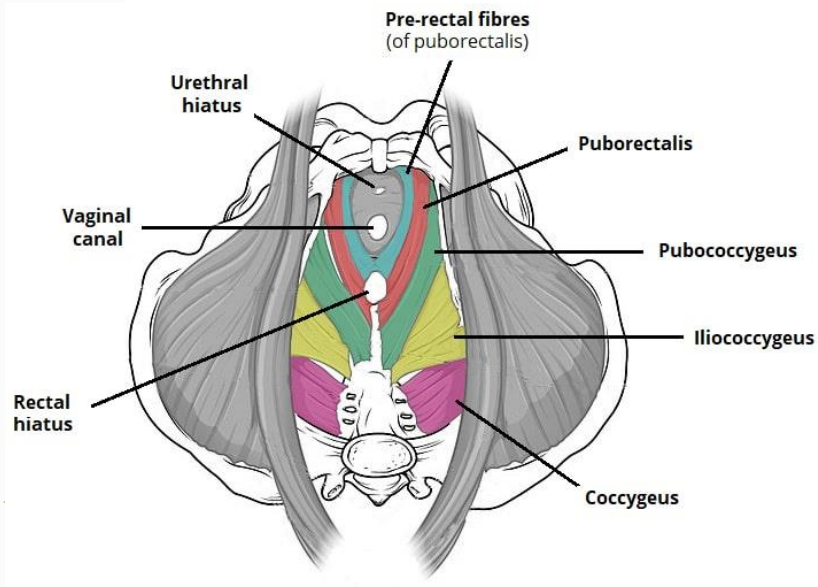
General Exercise

Pelvic Floor

Bladder & Bowel habits

Posture

Hormonal & Circulatory changes



# Benefits of Exercise



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Cardiovascular fitness

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Endorphins improve mood, sleep

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Reduced back pain

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Decreased risk of gestational diabetes

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Prevents excess weight gain

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Reduced risk of pre-eclampsia

# Guidelines for Frequency of Exercise



30 minutes



5 days/week



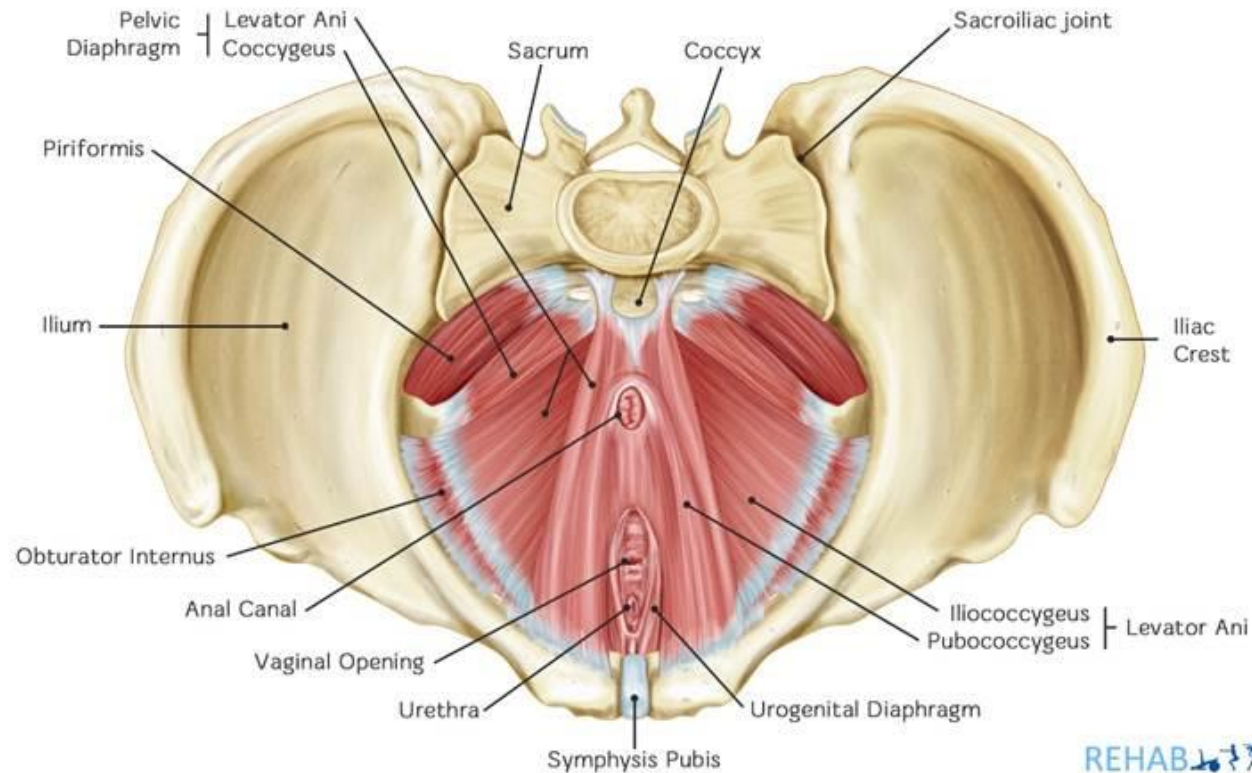
Aim for 2 days/week strength training



Moderate intensity exercise

# Pelvic Floor Muscles

Pelvic Floor Muscles (Female)  
Superior View



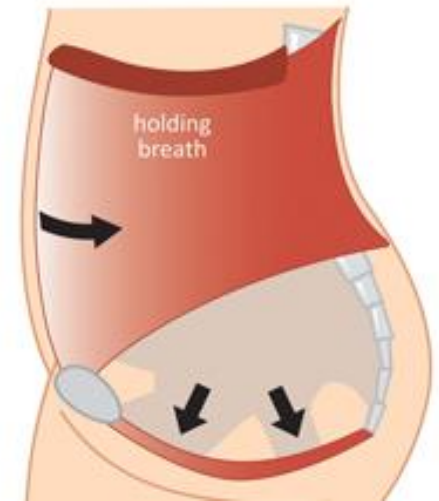
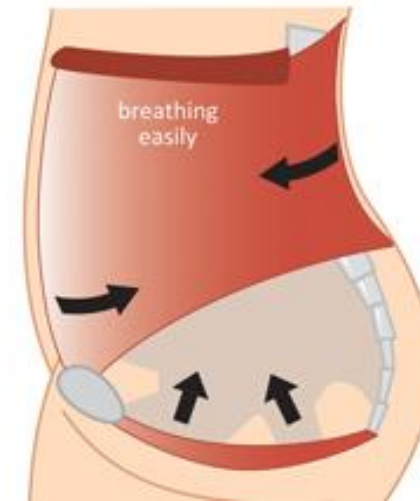


# Guidelines for Pelvic Floor Muscle Training

10 x 10 second holds

10 x quick contractions

3 times per day



# Bladder & Bowel Habits



Stay well hydrated (1.5-1.8 L fluids per day)



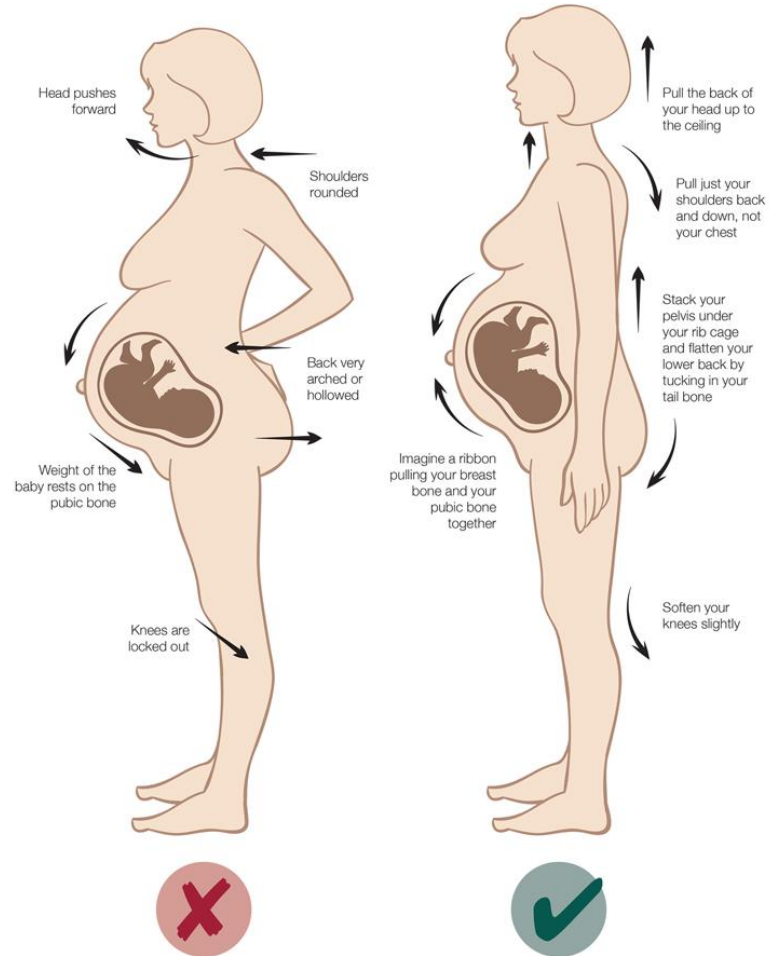
Incorporate high fibre foods into diet



Lean forward with knees above hips



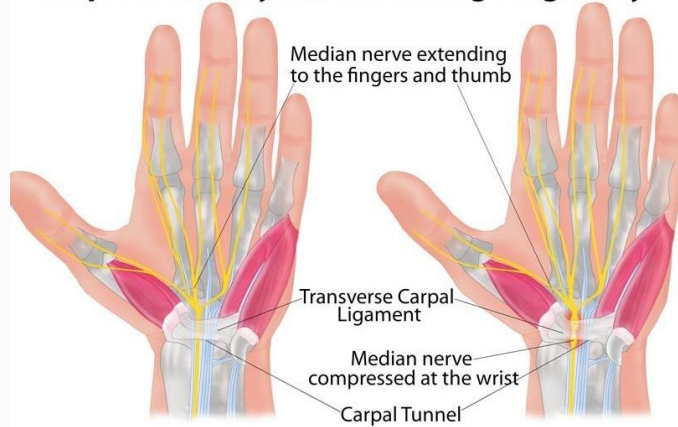
# Posture & Movement Strategies





# Hormonal & Circulatory Changes

## Carpal Tunnel Syndrome during Pregnancy



Circulation exercises



Support garments



Anti-gravity positions



Drinking plenty of fluids

Questions?

