Body Changes During Pregnancy

- Hormone relaxin released and helps to open up the body to prepare for birth
- This can create instability in the joints, ligaments, tendons
- Muscle tenderness and tightness to make up for instability
- Pelvis begins to open to prepare for birth and can become unstable
How to Support our Moms During Change

- If didn’t work out prior choose activities that are low impact and support the structural and nervous system

- If already working out help to modify activity to fit moms lifestyle
Low Impact Activities

- Swimming, walking, yoga, weights great for moms who are new to working out
- Newer activities like yoga and weight lifting make sure they are with a certified trainer for pregnancy as to avoid injury
- These activities help with better blood flow to mom and developing fetus
- Supports the nervous system and skeletal system and helps build strength for delivery and postpartum recovery
- Activities should be limited in beginning and can increase in time and intensity if mom feels comfortable- about 30 min a day 5 days a week
- Intensity should be high enough to sweat but still be able to hold a conversation while working out
- Check with doctor prior to workout
Higher Impact Activities

- Usually for moms who already participate in exercise prior to pregnancy
- Crossfit, running, Olympic weight lifting, HIIT
- Help to modify by maybe decreasing time and intensity of activity done
- ACOG warns against jumping, jarring motions or quick changes in direction - this includes extreme and continual twisting of torso/ lower abdomen
- Check with doctor prior to continuing exercise
Reasons to Avoid Exercise

- ACOG:
  - Certain heart and lung disease
  - Cerclage or cervical insufficiency
  - Pregnant with twins/triplets with risks of preterm labor
  - Placenta previa past 26 was
  - Preterm labor/ruptured membranes
  - Preeclampsia
  - Severe anemia
Benefits of Exercise

- ACOG:
  - Reduces back pain
  - Eases constipation
  - May reduce/ward off: preeclampsia, gestational diabetes, C-section
  - Promotes healthy weight gain during pregnancy
  - Strengthens heart and blood vessels
  - Help postpartum weight loss and overall mental health
Postpartum Exercise

- Make sure body is becoming more balanced and that there is little to no bleeding before doing strenuous exercise.
- Strengthening pelvic floor
  - Kegel’s
  - Chiropractic care/ PT
  - Weight lifting/ squats - at appropriate time
- Adjusting to align sacrum back into correct position as it is attachment for many pelvic floor muscles
- Keep activity light and build back up to desired weight and length of time working out.
Supporting the pregnant body while working out

- Massage - stimulates proper lymphatic drainage and blood flow
- Acupuncture - pain relief and mental health
- Chiropractic - align skeletal/muscular system and support nervous/vascular system
- PT - support and strengthen
Webster Technique

- Specific adjustment for pregnant women
- Helps to realign the sacrum specifically to help before, during and after birth
- Allows optimal position of fetus by opening up pelvis
- Takes tension off of muscles and ligaments in pelvis - round ligament
- Aids in pain relief, RLS, pelvic floor dysfunction

“Chiropractic care throughout pregnancy removes interference to the mother’s nervous system, enhancing baby development and uterine function. It balances her pelvis, eliminating undue tension to muscles and ligaments and enhancing optimal fetal positioning.”

-JEANNE OHM, DC

ICPA4KIDS.ORG
<Normal>

(a) Sacrum moves backwards

(b) Tension on utero-sacral ligament

(c) Uterus torques

(d) Tension on round ligament

<Sacral Misalignment>

Resources

- https://www.acog.org/
- https://birthfit.com/
- Pictures-
  https://www.eumom.ie/pregnancy/pregnancy-fitness-circuit-training/
- lcpa4kids.org