

PREGNANCY

Do you need to prepare your body for pregnancy and childbirth?

Or do you need help recovering from the effects of pregnancy and childbirth?

by Filippa Minelli

Preparing your body for all stages of pregnancy and childbirth will help build confidence in your body. During pregnancy you will experience weight gain, postural changes, increased pressure on pelvic floor muscles and so much more. An exercise program needs to account for the various stages: Pre-pregnancy, Pregnancy and Post Pregnancy, but also should understand your history of exercise including prior injuries and past pelvic issues that can re-emerge during pregnancy.

Pelvic floor muscles play an important role in supporting pelvic organs and control the bladder and bowel. A weakening of those muscles can contribute to bladder leakage, urinary urgency and other uncomfortable issues. The pelvic floor muscles also form the base of a group of muscles commonly called the 'core' which helps support your spine. It is for all these reasons that we must train and strengthen these muscles correctly.



Other body changes like a diastis recti (abdominal separation) will for some need additional specialised training to guide the abdominals back to their pre-pregnancy position. Although postural change is inevitable during pregnancy, how you support the new positions will minimise the occurrence of a sore back, neck, sciatic pain and pelvic pain.

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Our vision is for Functional Pilates, to be among the best and safest places to receive care.

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Fact Sheets can be downloaded from our website.

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