



# Pregnancy and Exercise

**Awaken Chiropractic**  
**Dr. Jill Cameron & Dr. Nicole Lederman**

Prenatal Chiropractic and Exercise

# Getting to Know Me & My Tribe



Boy Mama

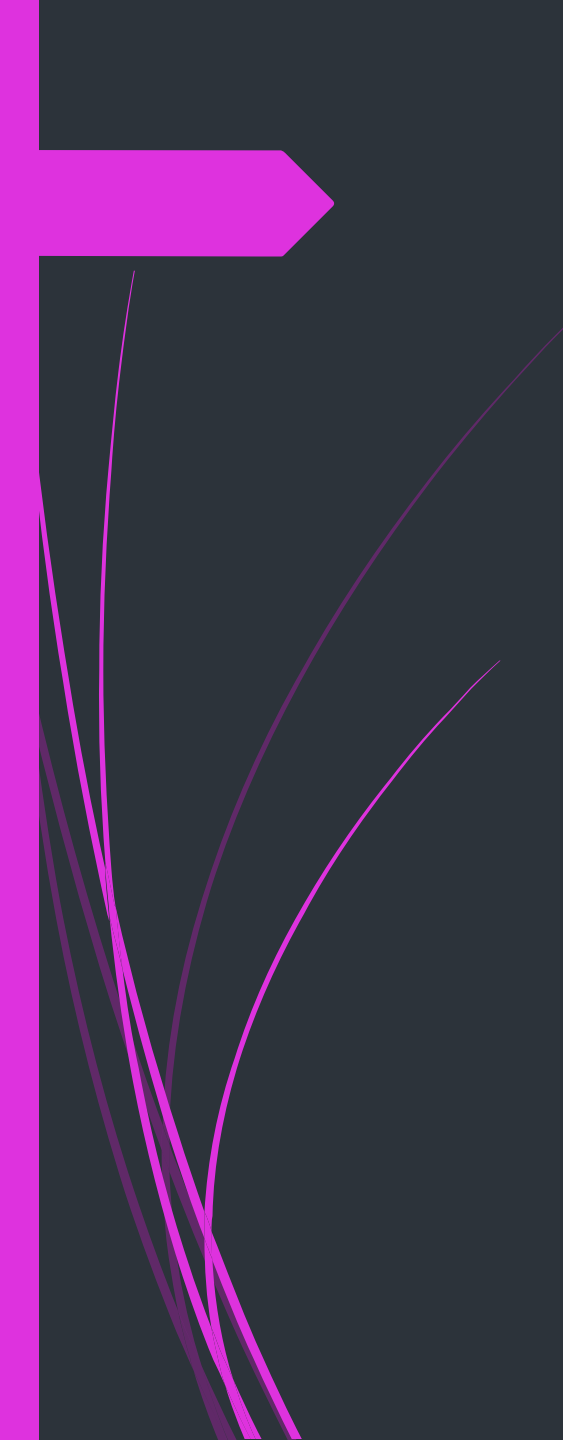


# Exercising Through my Pregnancies



# Prenatal and Postpartum Movement Series





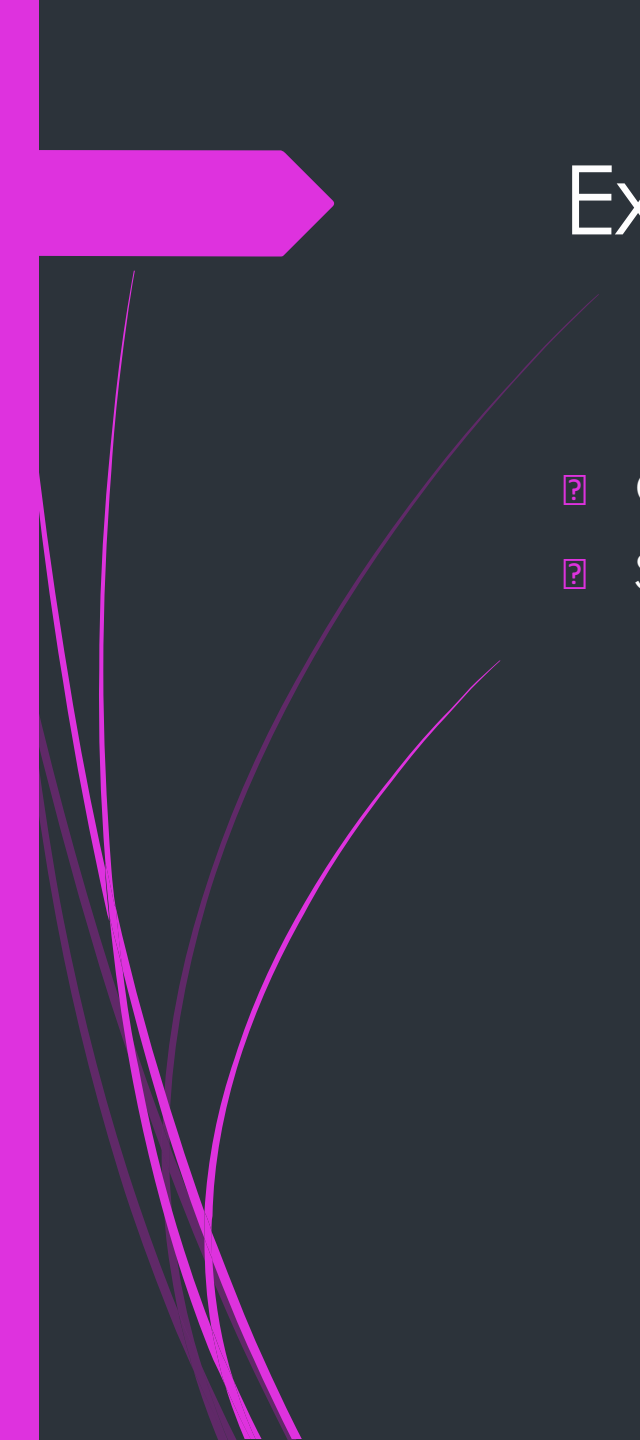
# Canadian Guidelines for Exercise and Pregnancy 2019

- ❑ ALL women w/o contraindications to be physically active THROUGHOUT pregnancy
- ❑ 150 mins/wk of MODERATE intensity (50-70% of MHR)
- ❑ 3x/wk minimum to accumulate the recommended duration
- ❑ Incorporate AEROBIC and RESISTANCE
- ❑ Pelvic Floor Muscles are part of this too and not just kegels
  - ❑ May want to consult with a pelvic floor PT
- ❑ Modify position if you feel unwell, light headed or dizzy while on your back

# Benefits of Exercise in Pregnancy

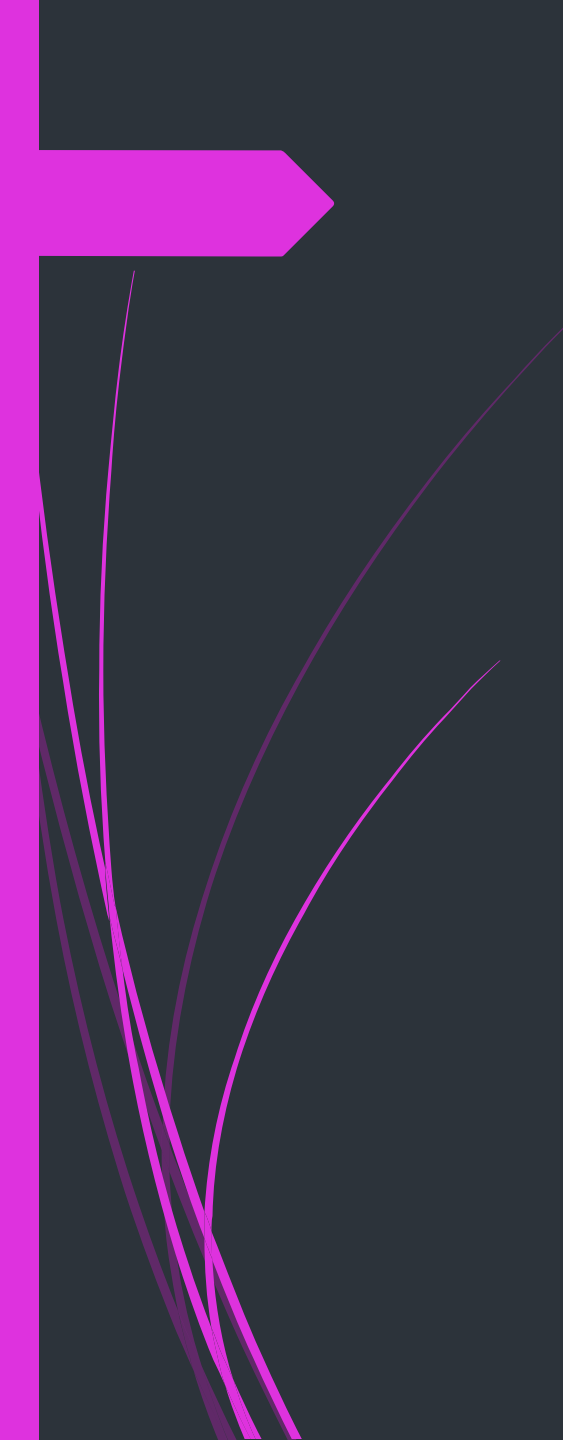
- ❑ Reduce aches and pains
- ❑ Reduces constipation and bloating
- ❑ Reduces risk of G diabetes, preeclampsia, G hypertension by 40%
- ❑ Reduces risk of birth interventions
- ❑ Shortened labour
- ❑ Maintain healthy weight
- ❑ Aids in better sleep
- ❑ Promotes healthy muscle tone, strength, and endurance
  
- ❑ \*\*Exercise is NOT associated with fetal complications of miscarriage, stillbirth or preterm labour\*\*

Great Resource : James Clapp Exercising Through your Pregnancy!



# Exercise: Is it safe for me?

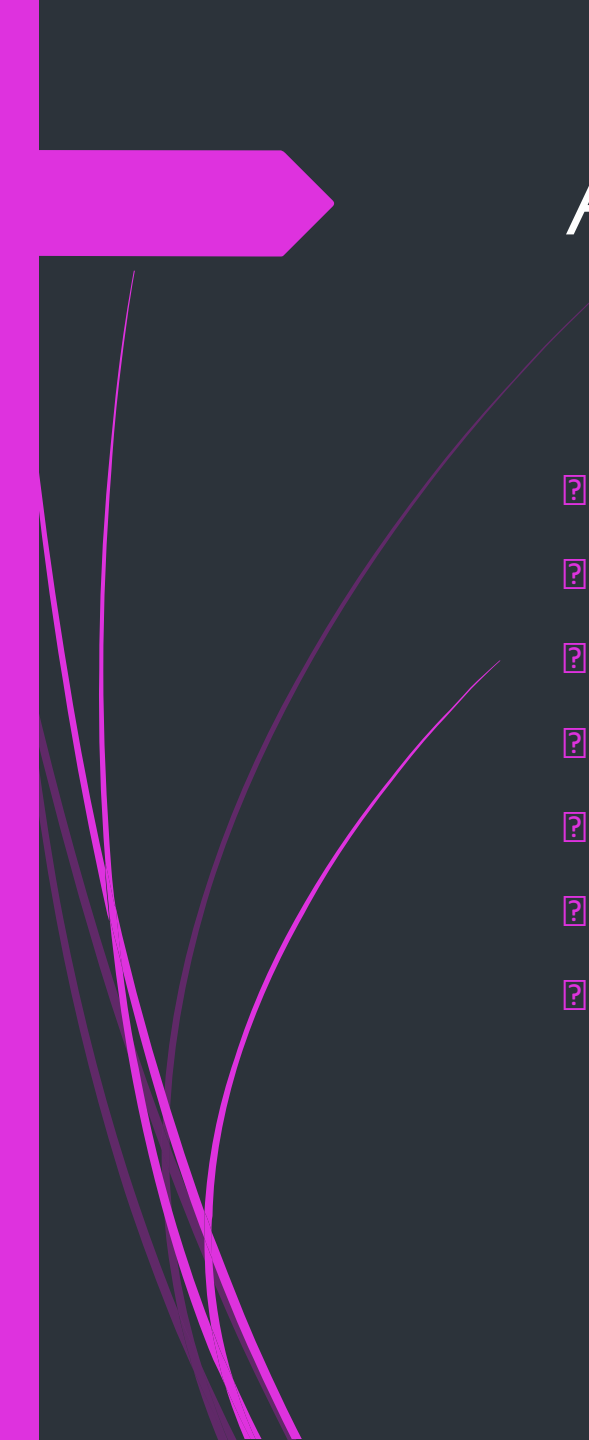
- ❑ Check in with your healthcare provider
- ❑ Some things may prevent you from some or all exercise:
  - ❑ Some forms of lung/heart disease
  - ❑ Preeclampsia or high blood pressure
  - ❑ Cervical problems
  - ❑ Persistent bleeding during 2<sup>nd</sup> or 3<sup>rd</sup> trimester
  - ❑ Placental problems
  - ❑ Risks leading to preterm labour
  - ❑ Severe anemia



# Safety √√

## Now what?

- ❑ Aim to get some physical activity most days of the week
- ❑ Exercise for beginners:
  - ❑ Walking
  - ❑ Swimming
  - ❑ Cycling (stationary bikes are great!)
  - ❑ Low impact aerobics (gentle on your joints)
  - ❑ Dancing (Salsa, Ballroom, etc...)
  - ❑ Strength training (let's talk abdominals and breath holding)
- ❑ Exercise for advanced:
  - ❑ You can keep at your current level as long as you feel good doing it



# Activities to Approach with Care

- ❓ Laying flat on your back after 1<sup>st</sup> trimester
- ❓ Scuba diving (risk of decompression sickness; try snorkelling instead)
- ❓ Contact sports
- ❓ Activities that pose high risk of falling
- ❓ Activities that you may hit water at high force (water skiing, surfing)
- ❓ Activities at high altitude
- ❓ Activities in heated environment for prolonged periods



# Listen to Your Body

- ❑ Stop and call your healthcare provider if you experience:
  - ❑ Vaginal bleeding
  - ❑ Dizziness
  - ❑ Headache
  - ❑ Increased shortness of breath
  - ❑ Chest pain
  - ❑ Painful contractions that continue after rest
  - ❑ Fluid leaking from your vagina
  - ❑ Calf pain/swelling
  - ❑ Muscle weakness affecting balance



# How to Track Intensity

- ❑ Number of Kicks 30 mins Post Exercising
  - ❑ Get Base Line: Track baby movements for 30 mins 1/day for 3 days.
  - ❑ Post Exercise Track baby movement for 30 mins.
    - ❑ Get approximately close to baseline within the 30 minutes
    - ❑ If it takes longer, intensity may have been too high for baby and modify next session.



# Let's Get moving!

## The foundation is ... Breath

- ❑ Establishing a strong and balanced breathing pattern is key not only for exercise but for labor and birth too!
- ❑ Abdominal or Belly Breathing should be the focus
  - ❑ Rise and fall of abdomen while chest remains quiet
- ❑ Aim for a longer exhale
  - ❑ Inhale for 5s, exhale for 7-8s
- ❑ Abdominal expansion should be felt
  - ❑ Use the hand check
- ❑ Benefits
  - ❑ Increased O2 levels for you and baby
  - ❑ Stimulates Parasympathetic system (rest, digest and growth)
  - ❑ Works your pelvic floor

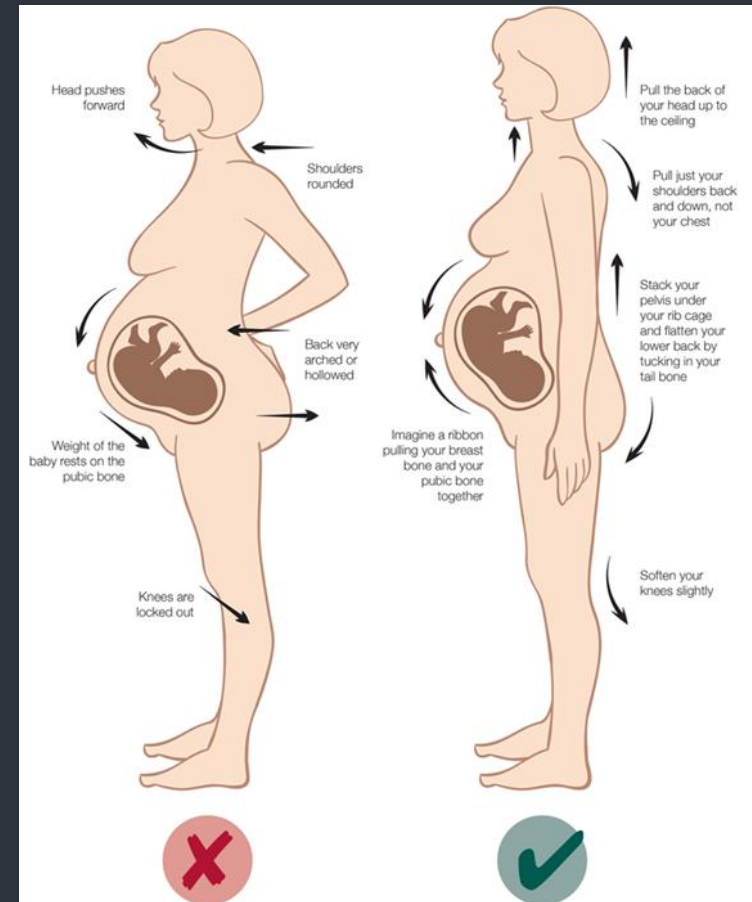
# Pregnancy, Posture and Exercise

## ? Stretch:

- ? Suboccipitals
- ? Pecs
- ? Hip Flexors
- ? Hamstrings

## ? Strengthen:

- ? Mid and Lower Traps
- ? Anterior/Posterior Core
- ? Glutes





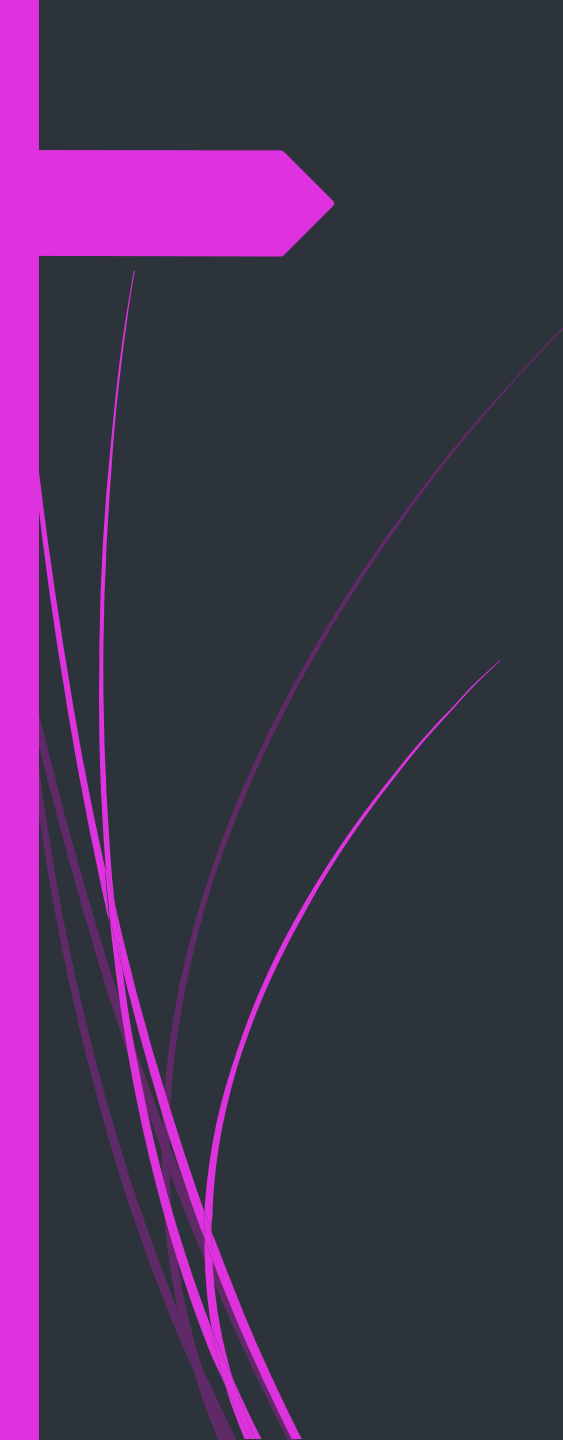
# Let's Get Moving

- ❑ Wall Angels
- ❑ Air or Chair Squat - focus on Glute Squeeze
- ❑ Sidewalk and Monster walk with resistance bands
- ❑ Side/back step (lunge)
- ❑ Y W T Ls
- ❑ 90/90 upper body
- ❑ Bear Crawl
- ❑ Quadruped Lift
- ❑ Bridge with or without resistance band
- ❑ Side Lying Clam Shells and Inner thighs

# Contraction Timer Workout

- ❓ Contractions on average can range from 30-70s long
- ❓ This exercise can increase both physical and mental stamina
- ❓ Example one: Complete as many chair squats as possible for 45 s of work 45 s of rest for 5 rounds
- ❓ Example two: Hold an ice cube in your hand for 30s , followed by rest for 30s for 3 rounds

\*Time and rounds can vary based on individual preference\*



# Dr. Jill's Favourite stretches/poses for pregnancy

- ❑ Child's pose with yoga ball
- ❑ piriformis stretch on yoga ball
- ❑ Cat/cow
- ❑ Downward Dog
- ❑ Chest Opener
- ❑ Deep Squat, with or without partners assistance
- ❑ Breath work with feet elevated
- ❑ Seated Butterfly, with or without partners assistance
- ❑ Spinning Babies 3 sisters (sitting, forward leaning, side lying release)



# Resources To Check Out

BIRTHFIT

<https://birthfit.com/>

James Clapp - Exercising Through your Pregnancy

[Here](#)



Best Wishes for a Happy and Healthy Pregnancy and Birth

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