



Clinical Pilates and Pregnancy

Pregnancy brings many changes to your body which can create discomfort and alter your participation in work and daily tasks, physical activity and leisure. The hormone relaxin affects your muscles and joints, making them more flexible which in turn can increase your risk of injury. Normal weight gain during pregnancy is also a significant change for your body – not only is your weight increasing but most of this is obviously around the abdominal area, meaning your centre of gravity is now in a different position which can affect your balance and increase muscular demand. Your abdominal muscles will have to stretch considerably and some women may develop a diastasis, which is a separation of the abdominal muscles. Because of this stretch you will find that your abdominal muscles will not work as effectively.

Clinical Pilates during pregnancy

Clinical Pilates is easily able to be tailored to meet the changing demands of pregnancy. If you are not already participating, most women find it easier to commence during the second trimester when they are no longer feeling as tired and unwell. You will have a comprehensive assessment with your physiotherapist and a program will be developed which can be modified as your pregnancy progresses. We will also monitor you for any signs of a diastasis or other issues. Clinical Pilates can be performed all the way up to the birth of your baby. If you are experiencing any pregnancy related complications we suggest you discuss this with your physiotherapist and also your doctor or midwife.

Clinical Pilates after pregnancy

You can start gently working on your abdominal muscle and pelvic floor activation even while you are still in hospital. The hospital physiotherapist should visit you to discuss what you can do depending on your delivery – please speak to the midwives/nurses/doctors if you have not seen a physiotherapist before going home. Once you have received the all clear from your doctor at the 6 weeks postnatal check up, you can return to Clinical Pilates. An individual session will be required to give you the time and privacy to discuss your delivery and recovery and to check on your ability to perform your program. Once your Clinical Pilates physiotherapist is confident you are sufficiently safe and well you can return to the supervised group setting, where your program can be modified and progressed as your body recovers. Babies who are not yet crawling or moving around are welcome to attend with you. Recovery will take some time so we encourage relaxed expectations regarding return to good abdominal muscle function, physical activity and body shape.

We employ professional, experienced, and highly qualified physiotherapists and we offer a range of services and products to meet the needs of our community. Open 6 days a week for your convenience in the heart of Mt Beauty. Home and hospital visits by arrangement.

**To find out more make an appointment by visiting our clinic at
5a Hollonds St, Mt Beauty 3699 or call us on 03 5754 1270.**