

ANTENATAL EXERCISES

Aster
HOSPITAL
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Digital Version



WHY SHOULD YOU EXERCISE DURING PREGNANCY ?

- Makes you and your baby stronger.
- Lowers B.P., makes you feel better.
- Carrying pregnancy becomes easier.
- Shortens the duration of labor and helps in normal delivery.

FIRST TRIMESTER EXERCISES

(First 3 Months or till 12 weeks from last menstrual period)

1. WALL SQUAT:



- Lean whole body against the wall (head, back & butt)
- Elbow bent against the wall in height with shoulder.
- Slowly slide down, bending your knees.
- Hold for 2-3 seconds and come back to starting position.
- Repeat this exercise atleast 10 times.

2. CAT & CAMEL EXERCISES :



- Get down on your hands and knees on the floor.
- Relax your head and allow it to droop.
- Round your back up towards the ceiling until you feel a nice stretch in theupper, middle and lower back.
- Your head should look inwards at your tummy.
- Hold this stretch as long as you feel comfortable and come back to startingposition.
- Repeat this exercise atleast 10 times.

3. WALKING LUNGES



- Stand in walking position with hands on hips or with hands against the wall.
- Bend the front knee to your comfortable limit and hold for 2-3 secs, then come back to starting position.
- Now bring the other leg front and repeat the same exercise.
- Do this exercise atleast 5-10 times with each leg.

4. SHOULDER BRACING

- Bring your palms together parallel to your shoulder.
- Palms should face the floor and elbows should be in line with shoulders.
- As you breathe in, drag your elbows behind and come back to starting position as you breathe out.
- Repeat this exercise atleast 5-10 times.

5. BREATHING EXERCISES



a) Breathing from stomach (Belly Breathing)

- Sit in a comfortable position and relax your entire body.
- Keep one hand under belly and other above it.
- Now breathe deep from your lower abdomen, filling your bellywith air for 4 counts and exhale slowly.
- Repeat atleast 10 times.

b) Breathing from chest :

- Sit comfortably and place your hands on your chest.
- Keep your mouth closed and breathe in, feel your hands moving outwards as your lungs expand.
- Hold your breath for 2 sec. and exhale slowly.
- Repeat atleast 10 times.

SECOND TRIMESTER EXERCISES

(4th - 6th month or 13 - 28 weeks)

1. SQUATS WITH CHAIRS SUPPORT :



- Hold a steady chair and stand parallel to it, your feet wide apart, and your knees turned out 450.
- Breathe in and slowly slide down, bending at theknees as low as possible.
- Now straighten your legs and come back to starting position. Repeat this exercise atleast 5-10 times.

2. KEGEL'S EXERCISE :



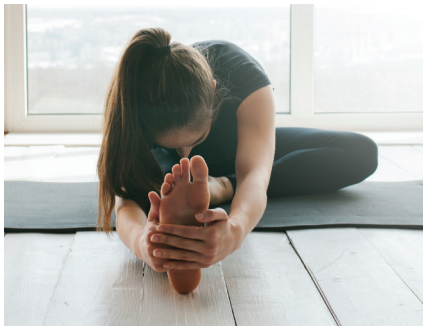
- Sit comfortably on a chair or bed.
- Squeeze your pelvic floor muscles tightly and hold for 8-10 seconds then relax. (hold like you have to control peeing) Do this atleast 10-15 times.

3. SITTING CYCLING :



- Sit on a chair with knees bent.
- Lift single leg up and do cycling movement 10 times
- Now repeat with the other leg.
- Repeat this exercise atleast 10 times.

4. SINGLE LEG STRETCH :



- Sit comfortably on the floor with both legs wide apart.
- Bend your left knee, so that the sole of the left foot touches your right thigh.
- Now slowly bend towards your right side and try to touch the toes of right leg.
- Hold for 2-3 seconds and come back to starting position.
- Now repeat this exercise with the other leg as well.
- Do atleast 5-10 times on each side.

THIRD TRIMESTER EXERCISES

(7th to 9th month or 29 - 40 weeks)

1. SLEEPING ABDOMINAL STRETCH :



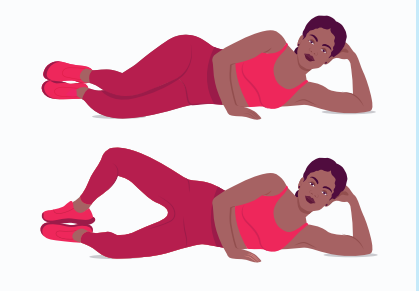
- Lie on your back with hands stretched out, knees bent, soles of the feet touching the floor.
- Now twist both the legs to right side and try to touch the floor with knees.
- Hold for 2-3 seconds and come back to starting position.
- Repeat this exercise on the opposite side as well.
- Do this atleast 5-10 times on each side.

2. BUTTERFLY STRETCH :



- Sit with both legs wide apart.
- Bend both the knees bringing the feet together.
- Now hold both big toes with your hands and move your knees up with breath in and down with breath out.
- Repeat this exercise at least 5-10 times.

3. CLAMSHELL EXERCISE



- Lie on your left side on the floor with hips and knees bent.
- Right leg should be on top of left leg.
- Right hand should be placed under the head and left hand should be resting on the floor.
- Keeping your feet together, raise your right knee as high as possible.
- Make sure the thighs are relaxed and do not move your hip.
- Turn to the opposite side and repeat this exercise with the left leg as well.
- Do this atleast 5 times on each side.

4. ABDOMINAL TUCKING (TUMMY TUCK)



- Sit in a relaxed manner, keep one hand under tummy and one above it.

• Now tuck your tummy in and hold it for few seconds and then release.

• Repeat this exercise atleast 5 -10 times.

5. PELVIC BRIDGING

• Lie on your back, with both knees bent and feet flat on the floor.



• Lift your hip upwards off the floor.

• Hold for 10 sec. and come back to starting position.

• Repeat this exercise atleast 5 -10 times.

TIPS FOR USING BREATHING TECHNIQUES DURING LABOUR

• Start when contractions are uncomfortable.

• The breath taken in should always be equal to the breath let out.

• Relax and breathe normally between contractions.

• Use a focal point to keep focus on breathing.

A. CLEANSING BREATH

When the contraction starts, breathe in as deeply as possible through your nose and exhale forcefully through your mouth. This will help in boosting oxygen supply to you and your baby. There are two main patterns of breathing

I. Slow breathing

• Slow breathing can be used in labour as long as it is helpful.

• As soon as contraction begins, take a deep cleansing breath, then relax. At the end of contraction, again do a cleansing breath.

II. Light Breathing

• It can be used when slow breathing is no longer helpful during contractions.

• Breathe in and out rapidly and lightly through your mouth, each breath lasting 1 or 2 sec.

• Breathe as though ice cubes have been placed on your hands and you are feeling the chillness.

B. VOCALIZING DURING CONTRACTIONS

Women find that vocalizing during contractions helps them to focus. Breathe in normally. While breathing out, make sounds such as moaning, sighing, counting and rhyming.

C. PUSHING

You will feel the urge to push when the cervix is fully dilated, and the baby is ready to come out.

• During this time, breathe in whatever way you feel comfortable.

• Bear down only during contractions as long as the urge to push remains.

• Do not bear down (or) push in between contractions as you may tire out.

EAT YOUR VEGGIES AND FRUITS

• Banana & whole grains, rich in Vit. B6, encourage RBC formation.

• Carrots, Papayas, Sweet Potatoes contain Vit-A. Which are for the baby's skin and eyes.

• Spinach is rich in calcium, which help prevent bone loss during pregnancy and aids the growth of your developing baby's bones.

- Dry fruits (almonds, dates, walnuts, raisins) can also be taken but in moderation.

REST AND ENJOY PREGNANCY

- During pregnancy, sleep can be a fleeting commodity unfortunately, anxiety, hormonal fluctuation, stress and physical discomfort make sleep all the more critical.

- Taking short 20 minutes naps through the day will help recover and maintain your energy.

THINGS TO REMEMBER

1. Get your doctors advise before starting pregnancy exercises.

2. Try to exercise atleast 3 times in a week.

3. Do exercise to your comfortable limit. i.e., simply make sure you can breathe normally. Stop exercising when you feel fatigued and don't exercise to exhaustion (Listen to your body)

4. Don't overheat your body. Make sure you drink enough water (2.5 - 3 l. / day).

5. Wear loose clothes during workout.

6. Make sure you are eating enough. Most moms-to-be need 300 extra calories a day during pregnancy.

7. In addition to exercises, taking a 15-20-minute walk keeps the mind and body active.



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Mankhool, Kuwait Road, Al Mankhool - Dubai

04 440 0500 asterhospitals.com asterhospital

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