

EXERCISE DURING PREGNANCY

Is it true that if you're pregnant you have to take a lot of rest just to be healthy and have a safe pregnancy? Actually the answer is a big "NO". If you really want a healthy and safe pregnancy, eat healthy foods and exercise everyday. Here are some exercises that can help you maintain your physical fitness and prepare for labor and delivery, and not to challenge the limits of the fetus. We know that the safety of the mother and infant is the primary concern in any exercise program, but these exercises are a non-stressful one. So, don't worry its safe and tested.



I. WARM-UPS EXERCISE

SHOULDER SHRUGGING

To relieve tension on your neck and shoulder. Stand or sit up straight. Taking a long deep breath; begin to raise your shoulders and squeeze your shoulder blade together then press down slowly. Bring it again forward while releasing your breath slowly and try to feel the stretch of your back muscles.



STEP 2 "SLOWLY LIFT YOUR BUTTOCKS OFF THE FLOOR"



These exercises should be done carefully and slowly. Each stage should be monitored by your chiropractor or physiotherapist, who should be told of any adverse reactions.

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STEP 2 "MOVE FORWARD & BACKWARD"



STEP 3 "CIRCULAR MOVEMENT"

PELVIC TILTING/BRIDGING

Lie flat on your back with feet heels and leg propped on a ball. Keeping abdominal muscles tight slowly lift your hips off the floor (squeezing the butt muscles) until body is in straight line. Hold for 10 seconds and then release slowly, and repeat 3-5 times.

STEP 1 "STARTING POSITION"



ARM SWINGING

Stand straight and relax your shoulder. Begin by swinging your shoulder side to side, keeping the arms at shoulder height and swing gently and easily. This would help you releases stiffness in the shoulder and stretches upper back muscles.



KNEE RAISING

Stand straight with feet apart. Bring 1 knee up towards your chest & hold for 2 seconds, then repeat on the other leg. This should be repeated for 4x on each side. The benefits of this are it loosens the knee and pelvic joints.



CAT AND CAMEL STRETCH

Position yourself in all fours with head level to your shoulders. This helps to stretch the front muscles from facial to knee joints, and back muscles from neck extensors to hamstring muscle.

STEP 1

"PRESS DOWN YOUR BACK WITH HEAD LOOKING FORWARD"



STEP 2

"BRING YOUR BACK UPWARD TOWARDS THE CEILING WHILE YOUR HEAD DOWN"



BUTTERFLY STRETCH

Sit with the soles of her feet are together allowing the knees to relax out to the sides. Hold your feet with both hands and elbows rested on both thighs. Gently move the knees up and down like the wings of a butterfly, and then bring head forward attempting to touch your feet. Repeat 5-10x and hold for 5 seconds, and do these as far as you can.



STEP 1
"STARTING POSITION"



STEP 2
"BRING THE HEAD FORWARD"

II. STRETCHING EXERCISE

NECK RELAXING EXERCISES

Sit in a comfortable cross-legged position with hands rested on both knees. Relax your shoulder and slowly bring your head forward, backward, side to side and rotation. This exercise relieves tension in the neck and upper back. Repeat 5x in each direction and hold it for 10 seconds.



STEP 2
"SIDE TO SIDE"



STEP 3
"ROTATE LEFT & RIGHT"

STEP 1
"FORWARD & BACKWARD"



III. BALL EXERCISE

SEATED MOBILITY

Sit on the ball with shoulders in relaxed position. Perform slow controlled movements of the hips by bringing your hips side to side, forward and backward and making circles with your hips. Breathe deeply to improve circulation.



STEP 1
"MOVE SIDE TO SIDE"