

RENEW REFORMER PILATES

Renew Pilates Pregnancy Guidelines

At Renew we recognise that the experience of pregnancy varies greatly from woman to woman. The body undergoes a tremendous transformation as it grows and nourishes new life in utero, whilst also preparing the body for labour and motherhood. We love supporting women throughout all stages of their pregnancy via movement, with research finding that staying routinely active can help relieve common ailments during pregnancy, greatly assist to prepare the body for labour itself and also enhance postpartum recovery. Accordingly, all women with uncomplicated pregnancy are encouraged to participate in aerobic and strength conditioning exercise.

At Renew, we follow the [Guidelines for Physical Activity during Pregnancy - Aust Gov. DoH](#) and [Exercise during Pregnancy - RANZCOG 2020](#) guidelines and the following information reflects these.

Women with uncomplicated pregnancies and without any contraindications listed below can be physically active anyway they are familiar with, enjoy and feel comfortable doing so.

At Renew pregnant clients can attend any of our classes as we will provide appropriate modifications and props when needed. Our Prenatal class is a wonderful option, particularly in the later stages of pregnancy as it is programmed specifically to relieve common areas of tension, work on rib cage mobility and expansion, balance the pelvis, strengthen the body in preparation for the physical demands of motherhood all whilst aiming to improve labour outcomes through movement.

For women with obstetric complications, the promotion of exercise may still be appropriate under some circumstances with appropriate medical evaluation and suitable modification of the exercise prescription, therefore please reach out to us so we can speak further about how we can support you.

Exercise Contraindications for Pregnancy (Contradiction = risk factor/adverse condition)

Contraindications to exercise (irrespective of pregnancy) may include:

- cardiovascular disease
- poorly controlled asthma
- poorly controlled diabetes
- bone or joint problems that may be made worse by physical activity.
- obesity

Medical and obstetric contraindications:

- persistent bleeding
- placenta praevia
- pre-eclampsia

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- pregnancy-induced hypertension
- and indicators of increased risk of premature labour (multiple pregnancy, ruptured membranes, premature contractions or shortened cervical length).
- fetal growth restriction
- poorly controlled thyroid disease or anemia

From 28 weeks/Trimester 3

As the uterus grows with advancing pregnancy, the weight of the enlarged uterus may obstruct venous return (blood flow back to the heart), therefore after 28 weeks, pregnant women should avoid exercising flat on their back for prolonged periods of time - instead incline their upper body to a 45-degree angle or do the exercises side lying. It's worth noting that a systematic review found that there was insufficient evidence to ascertain whether maternal exercise in the supine position is safe or should be avoided during pregnancy. As there is no conclusive evidence, we simply avoid supine lying exercise for prolonged periods during Trimester 3.

Other considerations during pregnancy:

Avoid activities that involve:

- Risk of fall/collision
- Risk of falling (i.e. activities that require high levels of balance, coordination and agility)
- Significant changes in pressure (e.g. skydiving, scuba diving)
- Heavy lifting
- Limit exposure to high temperature - like saunas, hot Pilates/Yoga, steam rooms
- Consider the 'Talk test' for moderate exercise. This is not applicable to vigorous exercise which is ok.

You should stop exercising and seek if you medical attention if you experience:

- chest pain
- unexplained shortness of breath (that does not get better with rest)
- dizziness, feeling faint or headache
- calf pain - swelling or redness
- sudden swelling of ankles, hands or face
- vaginal bleeding or amniotic fluid loss
- decreased fetal movement
- uterine contractions or pain in the lower back, pelvic area or abdomen

Our dedicated and passionate team will take the time to check in with all pregnant clients prior to each class acknowledging that energy levels and physical capabilities can change week to week, day to day, even minute to minute. Please don't hesitate to reach out to us to discuss any further questions related to Pilates and Pregnancy.