

Common Pregnancy Injuries

Pelvic Girdle Pain: Any pain around your pelvis is something to be mindful of. Seek advice from your health care professional

Tip Avoid asymmetrical movements such as single leg lifts, lunges or any single leg work.

Carpal Tunnel: Swelling in the wrists is common in pregnancy and often can lead to wrist condition such as carpal tunnel.

Tip: When in all four kneeling, lower onto elbows or support your elbows with yoga blocks. Alternatively use fists rather than having hands flat.

Lower Back Pain: Sitting or standing for prolonged periods of time is not ideal in pregnancy. Regular movement is key in helping to reduce back ache.

Tip: Strengthening your core is so important in protecting your lower back in pregnancy. Prenatal Pilates is perfect for this.

PregActive is an online program to help women stay healthy and active during and after pregnancy.

For free support and guidance on Pregnancy Exercise email:

✉ support@pregactive.com



Pregnancy Exercise

EXPERT GUIDANCE



SAFE PRENATAL EXERCISE

Walking, swimming, prenatal yoga, prenatal Pilates, pelvic floor exercises and specific prenatal exercises are highly recommended to keep you strong, reduce aches and pains and improve your energy levels throughout your pregnancy.

Pregnancy Specific Stretches



 PregActive.com

Back + Core Strengthening Exercises

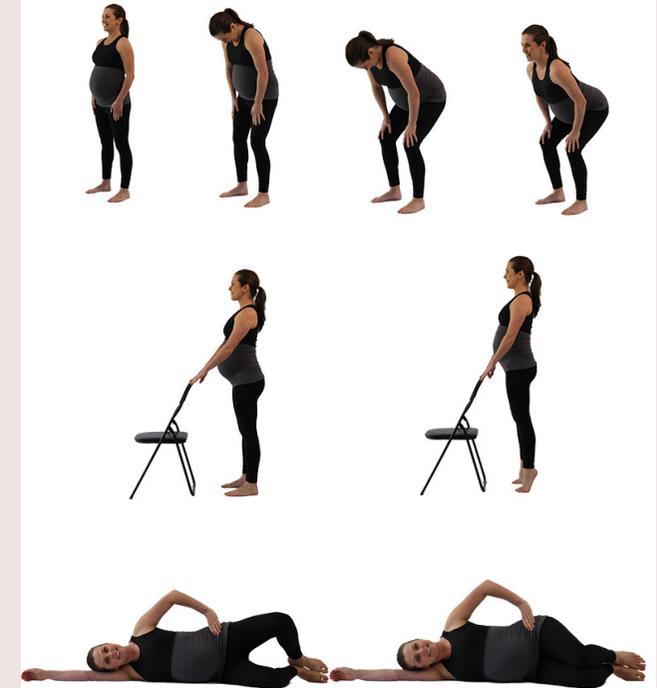


BIRTH PREP + RECOVERY

Staying physically active in your pregnancy can help to improve your mood and energy levels and prepare you for your birth marathon and have a quicker recovery postpartum.

Being both physically and mentally prepared for birth can help you to have an empowering birth experience.

Leg + Glute Strengthening Exercises



PELVIC FLOOR + CORE

- When performing pelvic floor exercises aim to do 10 repetitions x 3 sets.
- Without contracting your glutes or inner thighs, try to gently squeeze and lift up through your pelvic floor muscles.
- It's equally important to relax the pelvic floor as it is to contract it to avoid an overactive pelvic floor.