


POST NATAL PILATES
Getting the body back into shape
Liz Dene, BHMS
MSc (current study)

Post Natal consideration

- Pre existing fitness
- Pregnancy – mechanical issues
- Labour and delivery
- Complications
- Baby health – weight gain




Post Natal - Considerations

- Labour and delivery
- Pelvic floor and abdominal exercises
- Pilates based exercises
- Effects of relaxin – especially if breast feeding
- 6 week check up
- 12 weeks before high impact
- Breastfeeding
- Energy and Fluid Intake
- Exercise Progressions


Goals of Exercise - Obtain personal time and redevelop a sense of control over her life

- Begin slowly and increase gradually
- Avoid excessive fatigue and dehydration
- Support and compress the abdomen and breasts
- If it hurts, stop
- If it feels good, it probably is
- Bright red bleeding heavier than a normal period should not occur - STOP



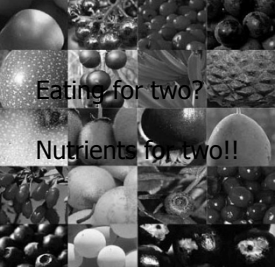
Benefits of Exercising - Post Natal

- Greater Weight Loss
- Improvement or elimination of urinary incontinence
- Reduction in size of diastasis recti
- ↓ Lower back pain
- ↑ Energy levels
- ↓ Anxiety, depression and mood disturbances




"You are what your mother ate in gestation and lactation"


Dr James McGregor, Keck School of Medicine USA 2007



Eating for two?
 Nutrients for two!!

Post Natal Nutrition

- Lactation improves maternal metabolic profile
- Lactation - avg. yield 850mls
- Weight loss – 2kg per month unlikely to affect milk production
- DHA – Need sufficient DHA first few years of life
- Omega 3 link and brain diseases
- Protein intake
- Low GI
- Hydration levels



Energy requirements – Post Natal


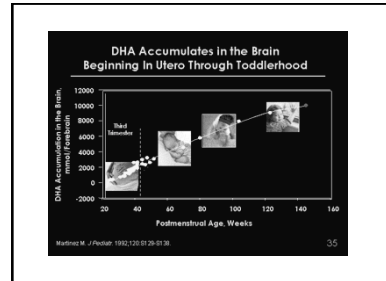

- Nursing mothers
 - No clear guidelines on exact kj – lactation
 - Suggested extra 2400kj/day
 - Eat wide and varied diet
 - ↑ fluid intake (milk volume around 850mls/d)
 - Breastfeeding helps to ↓ maternal fat stores
 - Last few kg come after completion of lactation
 - Feed before exercise

Nutrients for Lactation

- Protein – 67mg/day (1.1gr/kg/day)
- Vitamin A – 1100ug/day
- Vitamin C – 85mg/day
- Vitamin D – 80ug/day
- Thiamine – 1.4mg/day
- Riboflavin – 1.6mg/day
- Niacin – 17mg/day
- Vitamin B6 – 2.0mg/day
- Vitamin B12 – 2.8ug/day
- Folate – 500ug/day
- Iodine – 270ug/day
- Iron – 9mg/day first 6 months
- Zinc – 12mg/day

Omega 3 Sources


- Salmon
- Anchovies
- Mackerel
- Sardines
- Wild meats
- Grapeseed oil
- Walnuts
- Canola oil

Combining regular exercise with pregnancy improves the supply of glucose and oxygen for the baby under most circumstances if the mother eats adequately and regularly
J, Clapp 1998

Weight Loss

- It take between 6 – 12 months to return to pre-pregnancy state (*Clapp 1998*)
- Healthy weight loss of around 2kg per month will not affect milk production
- Diet rich in nutrients



Postpartum Cardiovascular Exercise Guidelines

Frequency

- Start 3x/week
- Increase gradually to 5x/week,
- Exercise every other day

Intensity


- Moderate intensity (60 – 70% MHR)
- Talk Test
- PRE 5-7

Time

- Start at 15 minutes of activity
- Increase gradually to 40 – 60 minutes
- Remember warm ups and cool downs


Type

- Pick favorite activity
- Activities that involve baby
- Pilates, low impact, Resistance Training
- Pelvic floor




Designing the Program

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
10 mins Pilates + 30 mins cardio	Resistance Training upper body focus on back and legs	40 mins Pilates class	30 mins walk or active rest day	Resistance Training (Upper body + legs)	10 mins Pilates + 45 mins cardio	Rest





Pilates – why is so good?

- Low impact – less stress on joints
- Helps pelvic stability
- Strengthen deep abdominal muscles
- Focus on pelvic floor




First weeks

- Immediately after your baby's birth – R.I.C.E
- Pelvic floor and deep abdominals – every day
- Long hold, Quick squeeze, functional bracing
- Walking
- Check gap – diastasis rectus
- Basic Pilates exercises
- Check gap
- Back extensors


Pelvic Floor

- Type of labour
- Length of second stage
- Head circumference of baby
- Intervention
- No. of pregnancies
- Other stress (lifting, straining, impact)




Pelvic Floor

- Initial PF few and often
- Progress endurance
- Progress load and impact only when PF recovered
- Refer
- Include PF and TA prior to all activity
- Variety of positions




Abdominals

- Stretched and weakened
- May have "forgotten"
- Early TA and IO bracing
- Side lying and progress
- Progress to global inclusion when able to maintain underlying TA




Rec check – Diastasis rectus

- Lie flat on back with knees bent
- Breath in, breath out gently lift head and shoulders
- Palpate along midline
- Check for gap – 2 fingers = 2cm
- When to refer



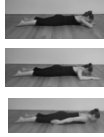
Rectus diastasis

- Avoid curls and lateral curls and obliques
- Include indrawing
- Do not progress RA until narrowed and adequate TA




6 weeks on

- Dr's clearance
- Uterus contracting - 6 weeks to 6 month
- Avoid lifting heavy weights
- Closed chain abdominals
- High impact
- Sudden changes of direction
- Pilates fundamental exercises
- Add in upper body exercises



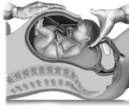
Cesarean Section

- Recovery time is longer
- Major abdominal operation
- Raised intra abdominal pressure
- Walking is suggested in the first 2 weeks
- Clients should stop walking if they feel nauseous, lightheaded or feel pulling on incision
- More vigorous activity recommended after 6 week check
- Transverse and PF work in the early postpartum weeks



Caesarean Section

- Abdominal Muscles usually not cut
- 7-10 cm incision: lower abdomen
- Post natal exercises follow same guidelines but timeline will be slower
- Extra care with abdominal curls
- TA very important
- PF still important



First Three Months

- Relax - 3-6 months or longer
- Level of activity during pregnancy
- Avoid high-impact, heavy loading
- Build up to previous activity level slowly
- Progressing to open chain exercises if can maintain deep abdominal contraction
- Pilates – adding in rectus loading where appropriate
- Resistance training – 12-15 reps



Benefits of Exercising - Post Natal

- Greater Weight Loss
- Improvement or elimination of urinary incontinence
- Reduction in size of diastasis recti
- ↓ Lower back pain
- ↑ Energy levels
- ↓ Anxiety, PND and mood disturbances



Post Natal Depression

- Seek professional help
- Rest
- Sleep
- Nutrition
- Supplementation
- Exercise



Pilates progressions

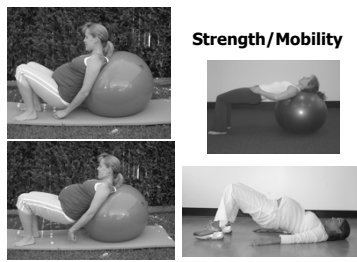
- Assess the gap – less than 2 cm
- Four point kneel – pelvic floor, bracing
- Supine – Closed chain, cross arms
- Modified 100, Scissors
- Forward flexion
- Open chain – maintain PF and TVA activation
- Progression to mixed level class



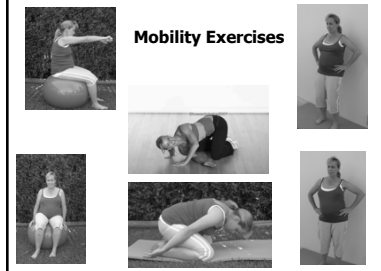
Strengthening Exercises



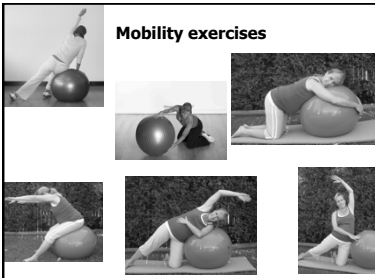
Strength/Mobility



Mobility Exercises



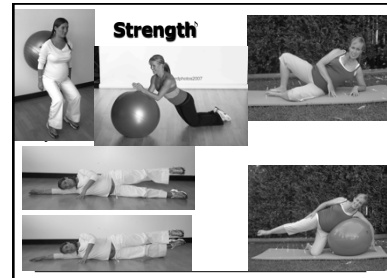
Mobility exercises



Strength/Mobility



Strength



Download notes at
www.cadencehealth.com.au
lizdene@optusnet.com.au
Thank you & have a great weekend!

