

Exercise during Pregnancy

This routine is designed for both clinicians and patients intending to build or maintain strength and promote wellness for both mother and baby throughout pregnancy. Specific intervention should be based on the needs of the individual and should consider exam findings and clinical decision making. If you have questions, contact the referring physician/obstetrician.

Absolute contraindications for exercise include preeclampsia/eclampsia, preterm premature rupture of the membranes, severe anemia, antepartum hemorrhage, placenta previa, vasa previa, preterm labor, incompetent cervix/cerclage, significant maternal cardiac disease, restrictive lung disease, growth-restricted fetus, chronic placental abruption, and multiple gestation.

Trimester	First	Second	Third
Changes in the body	<p><i>Relaxin levels peak at week 12</i></p> <p><i>Pubic symphysis widens week 10-12 ≤ 10 mm*</i></p> <p><i>Ligamentous laxity in sacroiliac joints, pubic symphysis, peripheral joints*</i></p>	<p><i>Relaxin levels decrease until week 17 and stabilize*</i></p> <p><i>Center of gravity shift*</i></p>	<p><i>Edema/fluid increase week 32+</i></p> <p><i>Weight gain</i></p> <p><i>Transient osteoporosis</i></p> <p><i>*continue through 2nd/3rd trimesters</i></p>
Exercise positions	<p>Hooklying</p> <p>Sidelying</p>	<p>Sidelying</p> <p>Quadruped</p> <p>Sitting</p> <p>Standing</p>	<p>Sidelying</p> <p>Quadruped</p> <p>Sitting</p> <p>Standing</p>
Exercises	<p>Transversus abdominus (TVA) activation</p> <p>Pelvic floor activation</p> <p>Deadbug</p> <p>Bridge</p> <p>Bridge on physioball</p> <p>Sidelying hip abduction*</p> <p>Side plank/modified side plank*</p> <p>Side plank with clam shell*</p> <p>Exercises in blue incorporate pelvic floor activation</p>	<p>Cat/cow</p> <p>Bird dog</p> <p>Quadruped plank</p> <p>Modified plank</p> <p>Seated alternating arm and leg on physioball</p> <p>Squat with band</p> <p>Wall squat with physioball and medicine ball</p> <p>Band walks</p> <p>*Continue with exercises from first trimester</p>	<p>Balance</p> <p>Single leg fire hydrant</p> <p>Step ups</p> <p>Continue with all exercises from second trimester and *starred first trimester</p>
Exercise Videos	First trimester exercises	Second trimester exercises	Third trimester exercises
Contact	Please email MGHSportsPhysicalTherapy@partners.org with any questions specific to this guide		

References

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