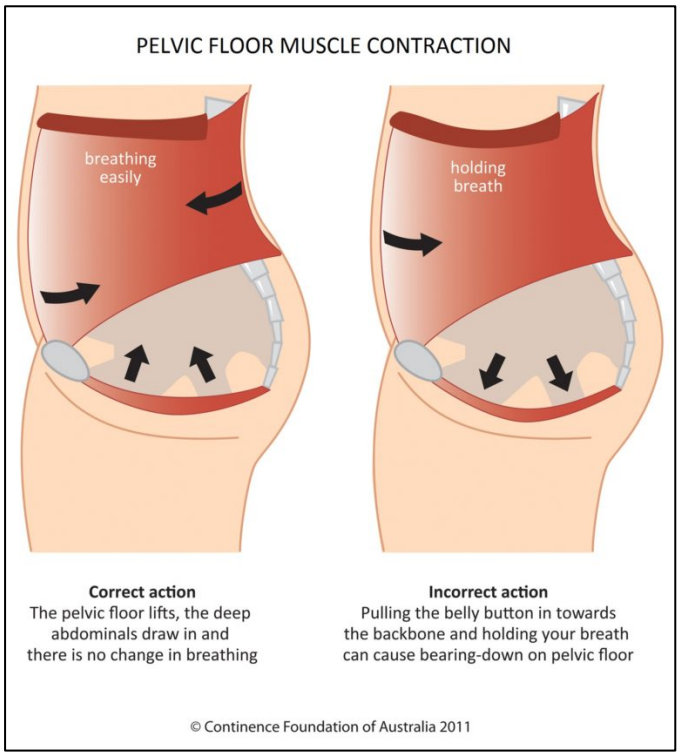
Reasons to follow a pregnancy safe exercise program

Hormone changes during pregnancy and breastfeeding until about three months after finishing breastfeeding allow your body to adapt and expand to allow for your growing baby. The hormone relaxin allows your connective tissues holding your joints, bones and muscles together, to be more relaxed, stretch and move. You are therefore potentially at a greater risk of injury to your body during this time. Common places of injury are pelvis, core/pelvic floor, wrists, ankles, knees etc. Therefore the need to know how to exercise safely is of greater importance, you need to have greater awareness of how your body is coping with your movements and exercise to avoid these injuries.



Your core where your baby incubating is like a cylinder or a balloon, at the top you have your diaphragm, at the bottom your pelvic floor, at the back your multifidus, the front your transverse abdominals (deep core muscles) and the side your internal oblique's. When you breathe in (inhale) your diaphragm goes down putting pressure on all those muscles and on your exhale the diaphragm goes back up releasing that pressure. With the added pressure of having your baby in your belly, there are extra strains on these muscles. During pregnancy the connective tissue down the front of your core (linea alba) stretches and performing exercises that put too much pressure on this linea alba can cause this to be worsened and therefore you will have a harder time postnatally healing it which can come with other complications too. This is why you need to ensure the exercises you perform are safe for your stage in pregnancy or are modified correctly to make them safe. You also need to ensure you are incorporating your core connection breath into your movements to help manage the pressure you are putting on your core and pelvic floor during these movements. From the weight of your growing baby your pelvic floor is also under a lot of pressure, therefore incorporating effective breathing, core connection and control into your exercises will help reduce the pressure and risk of dysfunction on these connective tissues.