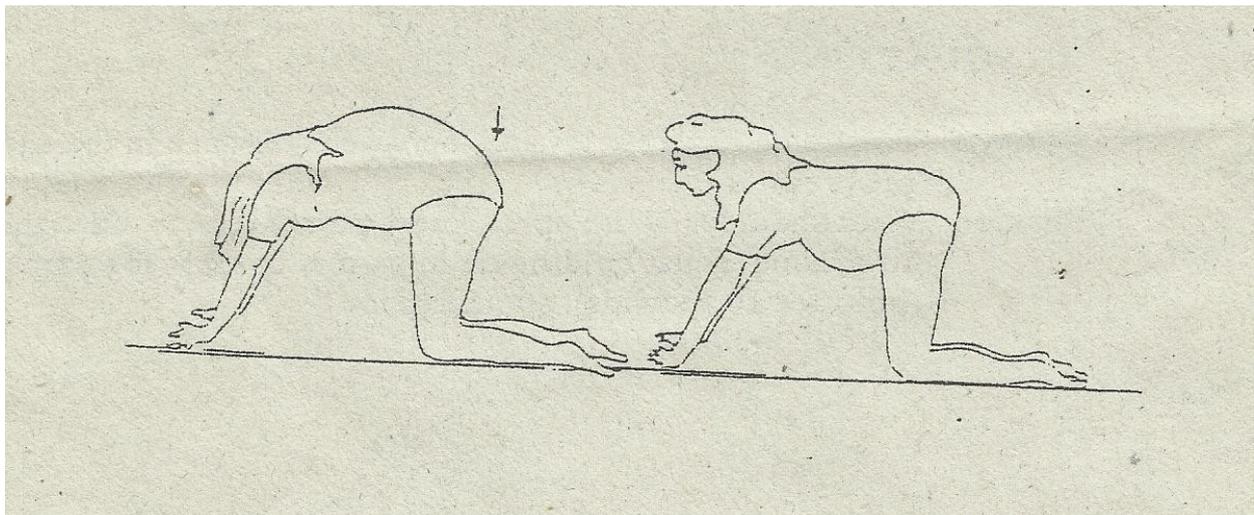




## PREGNANCY EXERCISES

For the pregnant client, a lot of the exercises are stretching in nature. The figures below will show the various exercises needed during pregnancy. Please note that they may be similar to the previous exercises, but with special precaution because of the particular needs in pregnancy. For example, full body stretch and hamstring stretch may also be done but not longer than 3 minutes. Staying supine for a long time may decrease blood supply to the fetomaternal unit. In doing shoulder, arm and upper-back stretch, the woman sits with back against the wall. This is to promote safety since the balance of a woman may not be very stable.



### 1. PELVIC ROCK

Purpose: To relieve back pain and increase flexibility in low back muscles.

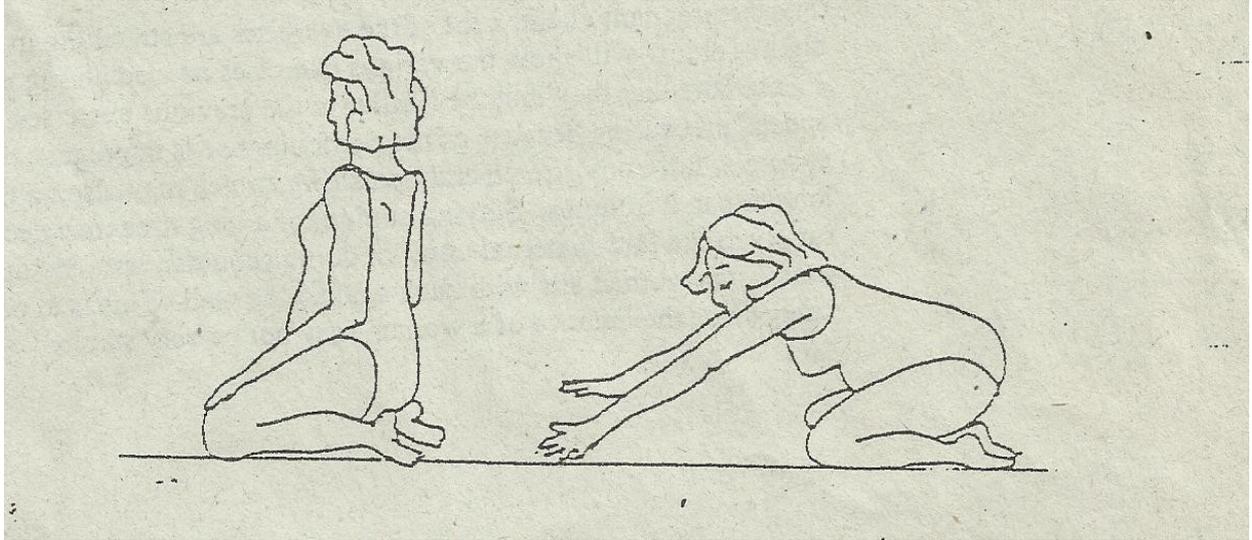
Position: On hands and knees, arch the back up and drop head down.

Reverse the action, to head up and back raised to flat position.

## 2. FORWARD STRETCH

Purpose: To stretch upper back, arms, wrists and low back muscles.

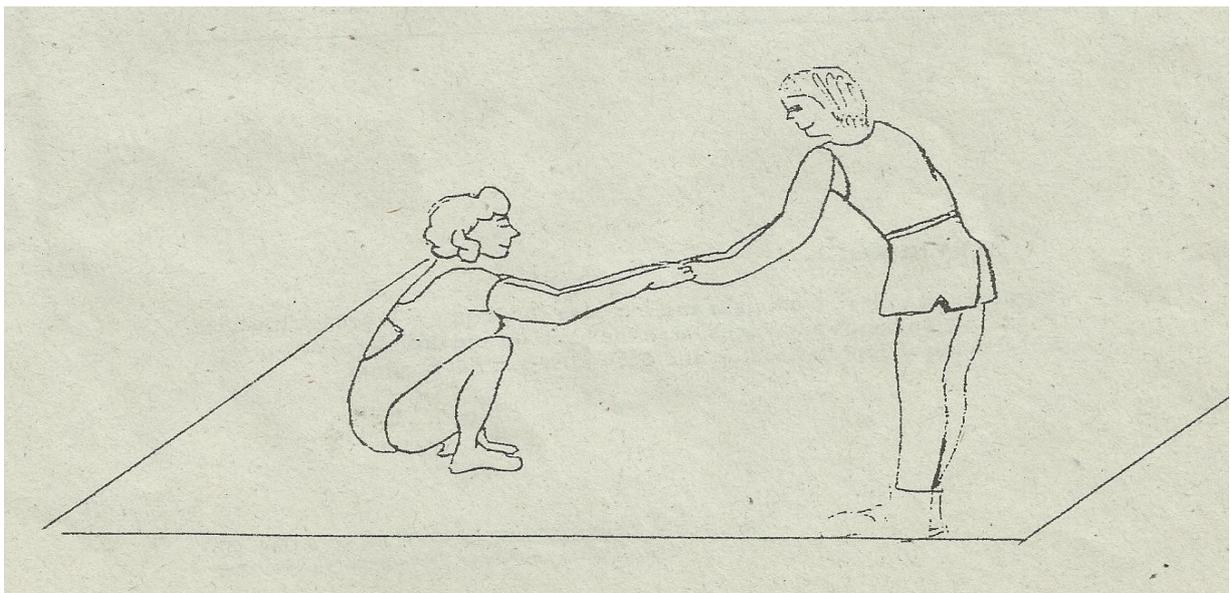
Position: Sitting on heels with knees a comfortable distance apart, place hands on thighs. Keeping bent, slide hands forward (on floor) until arms and back are stretched forward, breathe out, stretch (hold position, breathing easily, for 10 seconds).



## 3. SQUATTING

Purpose: To stretch hip muscles and increase endurance in the squatting position.

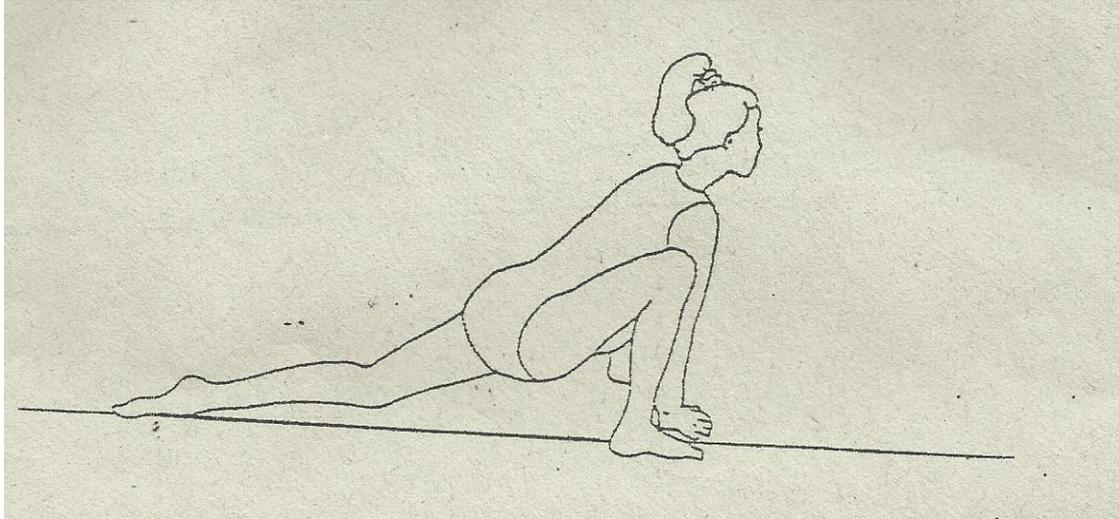
Position: Feet shoulder-width apart, knees pointed out to side, and heels on ground, squat holding on to partner or table for support, (hold for 10 seconds), stand, repeat.



#### 4. HIP STRETCH

Purpose: To stretch front of thigh and increase flexibility in legs.

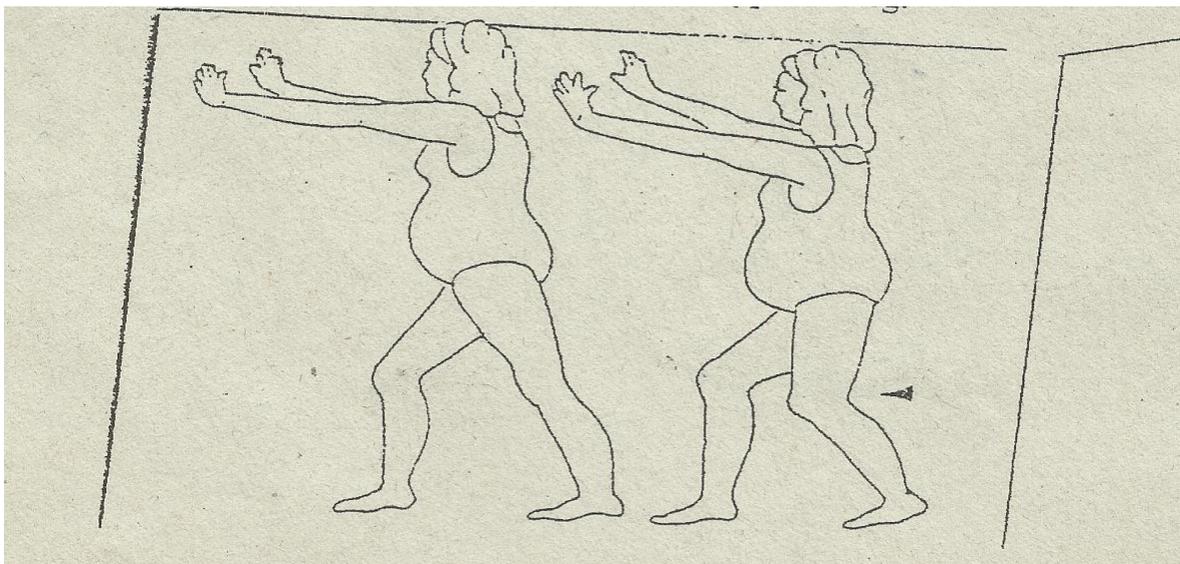
Position: Squat on floor. Place on leg behind and shift weight to bent leg keeping hands on floor. Pull self forward until knee of bent leg is directly over ankle (hold for 10 seconds). Switch and stretch.



#### 5. CALF STRETCH

Purpose: To stretch calf muscles and front of thighs.

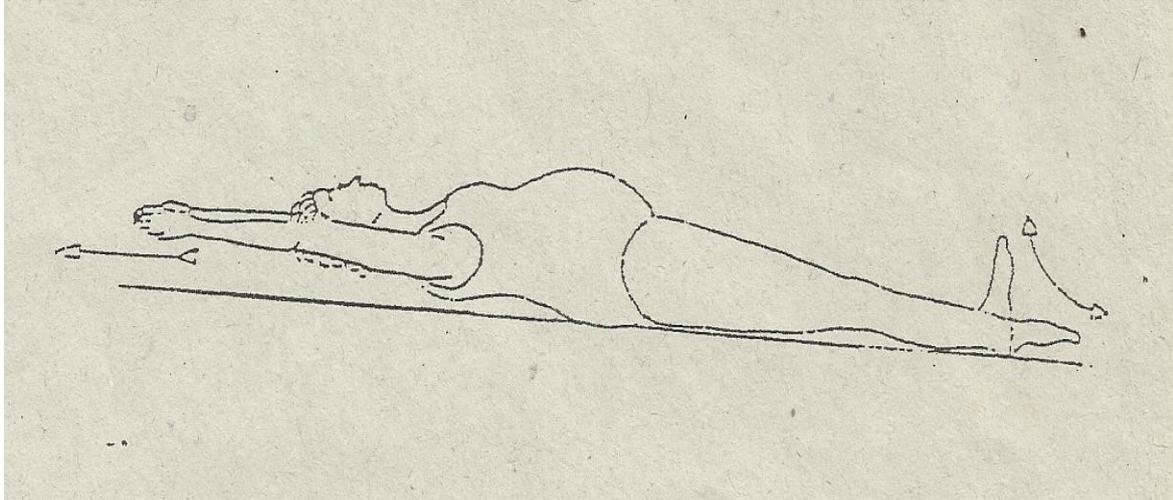
Position: Hands on wall, straighten left leg behind. Feet pointing straight forward, lean into wall until stretching is felt in calf muscles (hold 10 seconds). Same position, bend the back knee (hold 10 seconds). Switch and stretch opposite leg.



## 6. FULL BODY STRETCH

Purpose: To stretch calf muscles and front thighs.

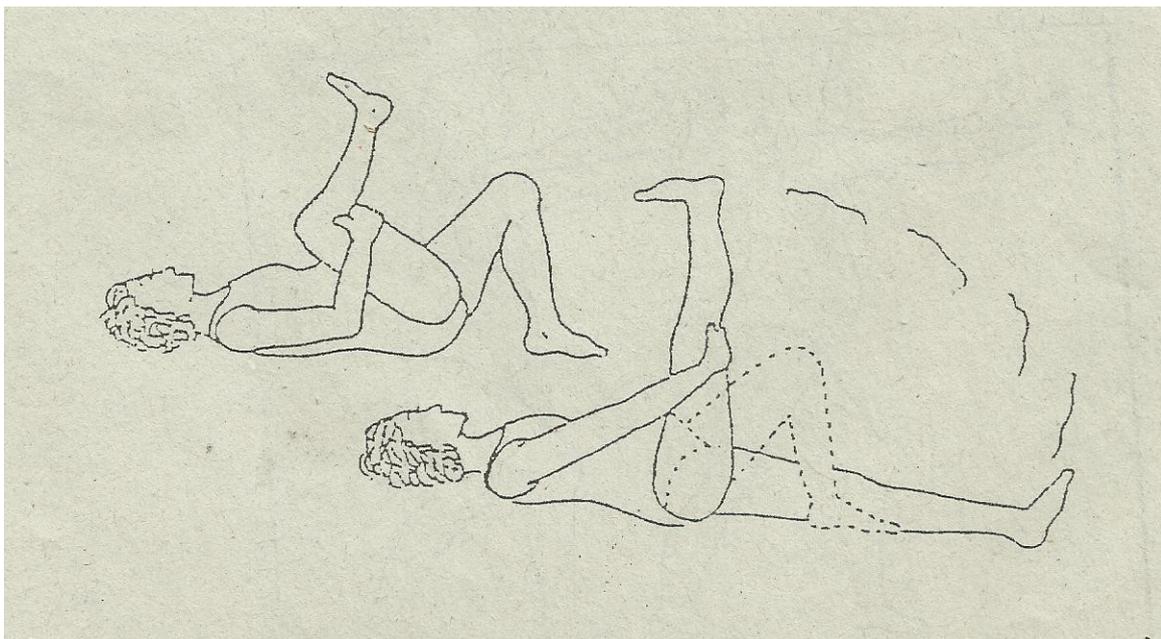
Position: On back, straighten our arms and legs. Point toes and extended fingers, then flex toes toward knees (hold 5 seconds) relaxed arms and legs go limp.



## 7. HAMSTRING STRETCH

Purpose: To stretch the hamstring muscles (back of the thigh) at both ends of the muscle.

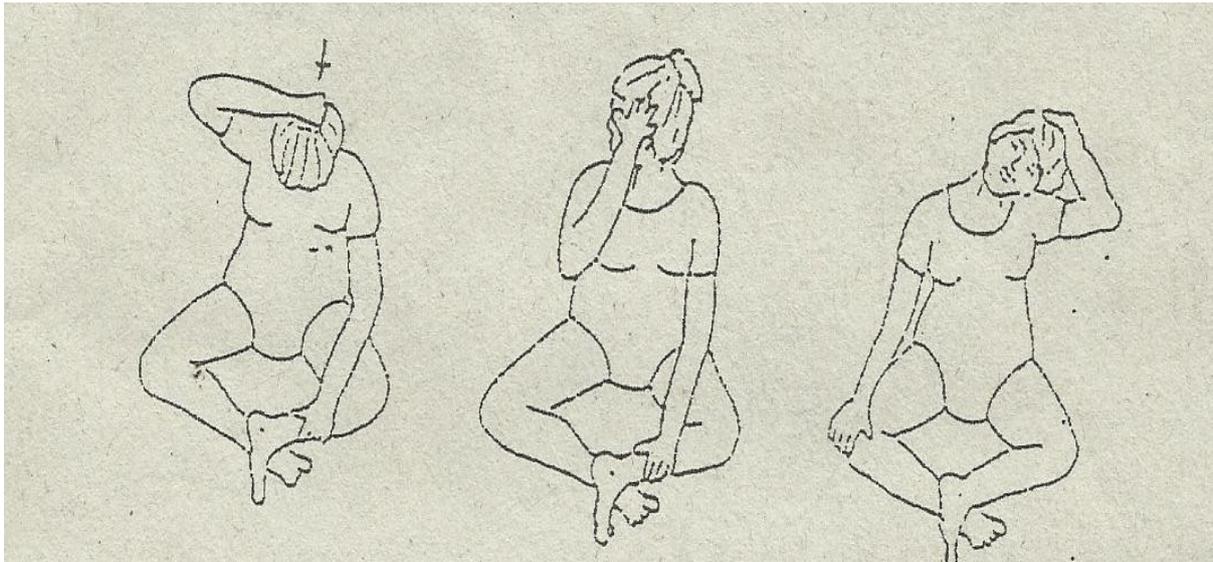
Position: On back, bend both knees. Bring one knee to chest with hands under knee (gently hold to chest). Extend leg up as high as possible with straight knee and flexed foot (hold for 10 seconds). Lower slowly, switch and repeat.



## 8. NECK STRETCH

Purpose: To increase flexibility and range of motion in all neck muscles.

Position: (A) Ankles crossed. Look down and place hand on back of head and gently push down until you feel more stretch in the back of the neck. (B) Turn head to right, with right hand on cheek, push head gently more to the right. Repeat to the left with left hand. (C) With right hand on top of head, pull head gently so the right ear approaches right shoulder. Switch and repeat.



## 9. ABDUCTOR AND LOW BACK STRETCH

Purpose: To strengthen thighs and arms

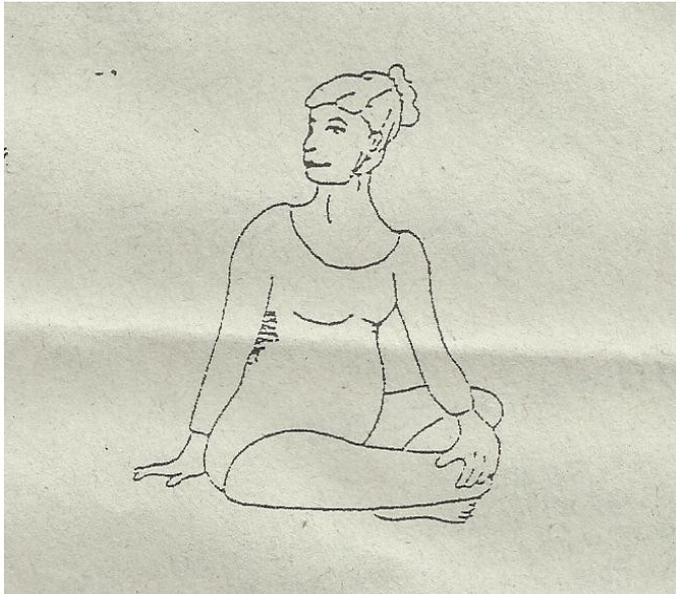
Position: Sit with knees up and ankles crossed, hands under knees. Hands hold and resist downward push of knees (hold 10 seconds). Breathe out as you hold.



## 10. FULL BODY TWIST

**Purpose:** To stretch waist, upper body and neck, and increase flexibility throughout the spine.

**Position:** Legs crossed Indian-style, place hand on right knee and twist right. Put right palm on floor behind you next to spine with elbow straight. Inhale slowly, then exhale. Switch and twist to left.



## FOR EASY LABOR AND DELIVERY

While these succeeding illustration are not exercises, they are included in the module because they promote relaxation. During Labor, a woman needs to feel free and devoid of many restrictions. You may suggest any of the following:

### 1. FORWARDS

Stretch up and forward with support..



### 2. SITTING

Sit astride a straight bucked chair and rest your head on your arms supported by cushions, your feet flat on the floor. (You can put a cushion on the chair seat if you like.)

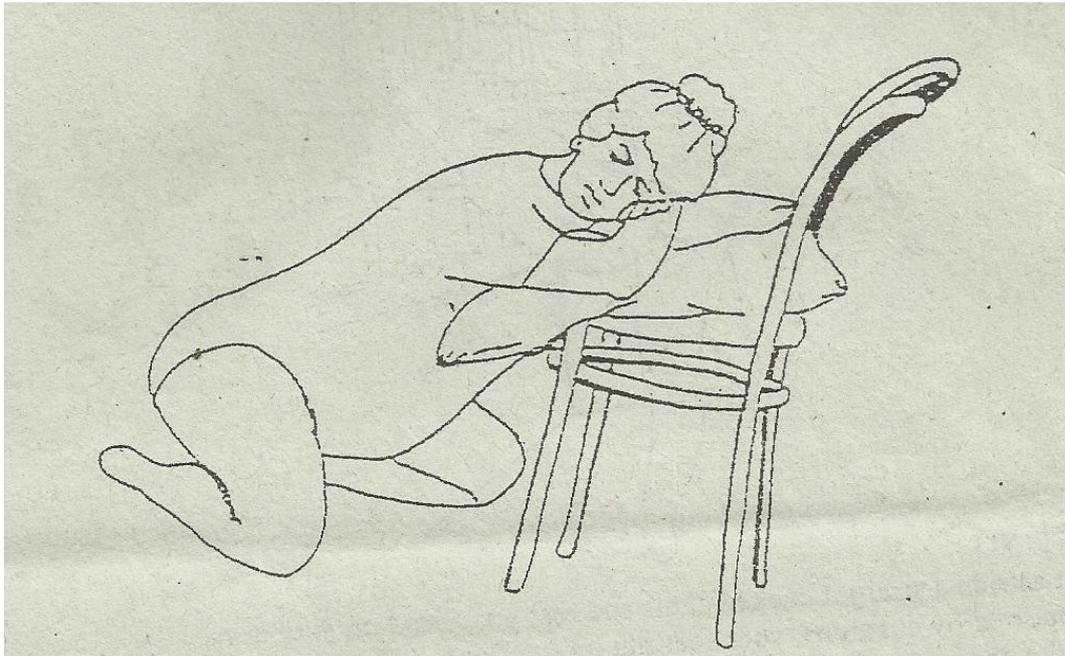


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### 3. KNEELING ON TO A CHAIR

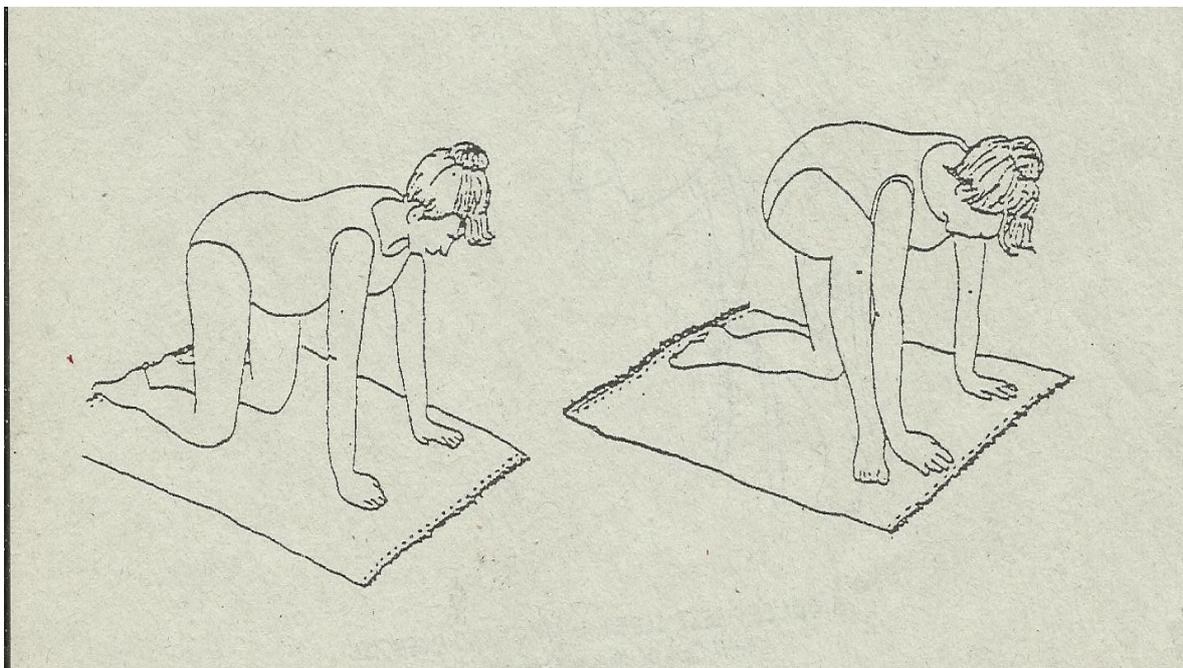
do not reproduce

Have your knees wide apart and kneel with your head and arms resting on a chair seat, using cushions for support. By keeping your body vertical, this can help speed up labor.



**4. ON ALL FOURS**

Go on all fours, letting your spine extend, rocking if this is helpful (top). You may prefer the position with one knees bent.



**5. SQUATTING**

Lower yourself into the squatting position, with some cushions on a low stool under your buttocks for support. With your feet flat on the floor, rest your elbows on your knees and your head on your hands.



**6. KNEELING ON TO CUSHIONS**

Kneel with your knees wide apart, resting your head and arms on a pile of cushions

