

Antenatal Exercises Guide

Additional Tips and Resources

FAQs and Common Concerns

Q: Is it safe to exercise in the third trimester?

A: Yes, if your doctor approves. Listen to your body.

Q: What exercises should I avoid?

A: Avoid high-impact exercises, lying flat on your back after the first trimester, and anything that causes discomfort.

Resources and Contact Information

Women's Wellness and Research Center

Contact your physiotherapist for personalized advice.

Women's Wellness and Research Center's Physiotherapy Department:

Location: WWRC-OPD, 1st floor

Phone: +97433578413



Patient and Family Education
patienteducation@hamad.qa

© 2025 Hamad Medical Corporation



مؤسسة حمد الطبية
Hamad Medical Corporation

HEALTH • EDUCATION • RESEARCH
صحة • تعليم • بحوث

Introduction

Being active throughout pregnancy benefits both you and your baby. Regular exercises help your blood flow, lift your mood, strengthen your pelvic floor, and get your body ready for labor.

Benefits of Antenatal Exercises

- Helps your posture and reduces back pain.
- Strengthens muscles to support your baby.
- Increase flexibility and keeps you comfortable.
- Prepares your body for labor.
- Helps you recover faster after childbirth.

Breathing, Circulation, and Relaxation

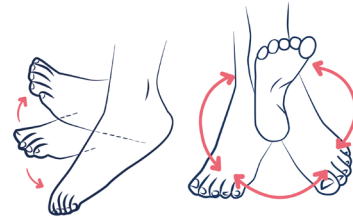
Breathing Techniques

Deep breathing reduces stress and helps oxygen flow to you and your baby. Inhale through your nose, fill your ribcage and belly, and exhale slowly through your mouth.

Circulation Exercises

To reduce swelling and prevent varicose veins, try these exercises daily:

- Ankle Circles: Move each foot in circles 10 times in each direction.
- Foot Pumps: Point and flex your toes for 30 seconds.



Pelvic Floor and Core Strengthening

Pelvic Floor Exercises

Strengthening your pelvic floor helps prevent urine leaking and supports your pelvic organs.

How to Find Pelvic Floor Muscles

To find your pelvic floor muscles, try to stop the flow of urine or hold in gas. These muscles are what you use in Kegel exercises.

Try these exercises:

- Slow Squeezes: Imagine holding your urine. Tighten and hold your pelvic floor muscles for 10 seconds, then relax. Repeat 10 times.

- Fast Squeezes: Quickly tighten and relax, as if you are trying to stop the flow of urine. Repeat 10 times.

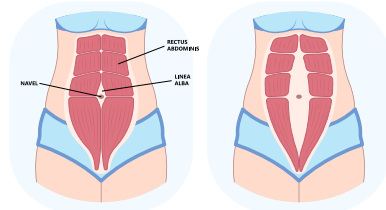
Basic Exercise:

Lie on your back or sit comfortably. Tighten your pelvic floor muscles.

Abdominal muscles Strengthening

Your core muscles support your back and pelvis. To keep your core strong, try pelvic tilts and simple core exercises.

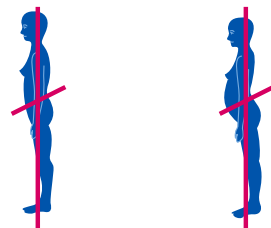
Imagine pulling your belly button gently toward your spine while you do these exercises.



Posture and Back Care

Maintaining Good Posture

- Good posture can help reduce back pain and make you more comfortable. When standing, keep your shoulders back, knees relaxed, and pelvis tucked in.



Back Care Exercises

- Transversus Abdominis ("Nature's Belt"): Pull your tummy button in and up toward your spine. Hold for 3-4 seconds. Don't move your shoulders or spine. Repeat 5-10 times twice a day.
- Cat-Cow Stretch: On all fours, curve your back up, then drop it down gently.
- Child's Pose: Sit on your knees with your heels apart, allowing your belly to fall between your thighs. Slowly bend forward, stretching your arms in front of you for a gentle stretch.



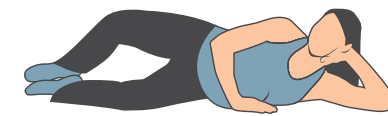
Simple Ways to Care for Your Body

- Rest as often as you can
- To get out of bed, tighten your tummy, keep knees together, roll to your side, and push up with your arms.
- Exercise every day. Try walking briskly for 20-30 minutes, or swim at a comfortable pace.
- Don't stand or sit too long.
- Don't bend over. When lifting, bend your knees, keep your back straight, and tighten your pelvic muscles.
- Don't lift heavy weights. Encourage toddlers to be independent if they're too heavy to carry.



Stress, Tension, and Relaxation

Tension can cause tiredness, aches, and higher blood pressure. It can also lead to panic and strain the body. Learning relaxation techniques can help prevent tension, reduce stress, and improve your health. During pregnancy and labor, relaxation helps manage pain and gives you better control.



Relaxation

You can relax sitting or lying down. Use a pillow to support your head, arms, and legs.

Progressive Muscle Relaxation: Tense and relax muscles to reduce stress. Deep breathing helps you calm your mind.

Mindful Breathing

- Sit or lie comfortably.
- Breathe in deeply through your nose, letting your chest rise.
- Gently release your breath through your mouth, allowing your body to relax.
- Pay attention to your breath and gently bring your focus back if your mind starts to wander.

Preparing for Labor

Helpful Positions for Labor

Stay upright and change positions during contractions. This helps your baby move through your pelvis more easily.

Breathing Awareness for Labor

Relaxed Breathing

- Helps you focus
- Eases pain
- Helps you relax

Early Labor: Sigh out slowly with each contraction. Breathe deeply through your nose, then sigh out slowly. Repeat until the contraction ends.

Advanced Labor: Sigh out slowly with each contraction. When it's very strong, breathe lightly through your chest. Focus on breathing out. Return to deep breathing once the pain fades.

During Delivery: Listen to your midwife. Don't push while your baby's head is coming out. Blow lightly with your mouth open to protect your pelvic floor.

Labor Preparation Exercises

Practice different positions to manage contractions. Try squatting, leaning forward, or using a birthing ball for support.

