

Pre & Post Natal
PILATES
on the
REFORMER

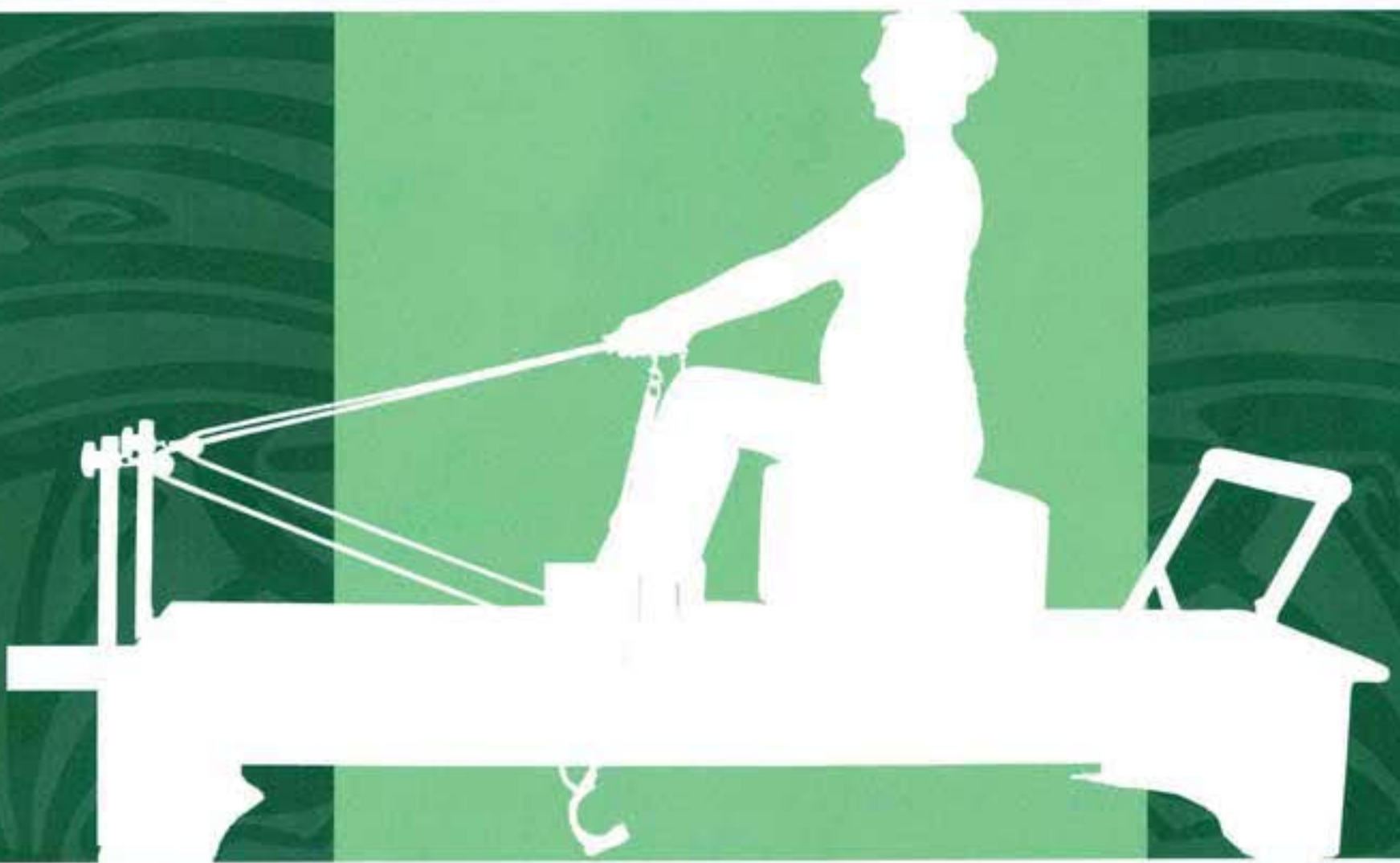
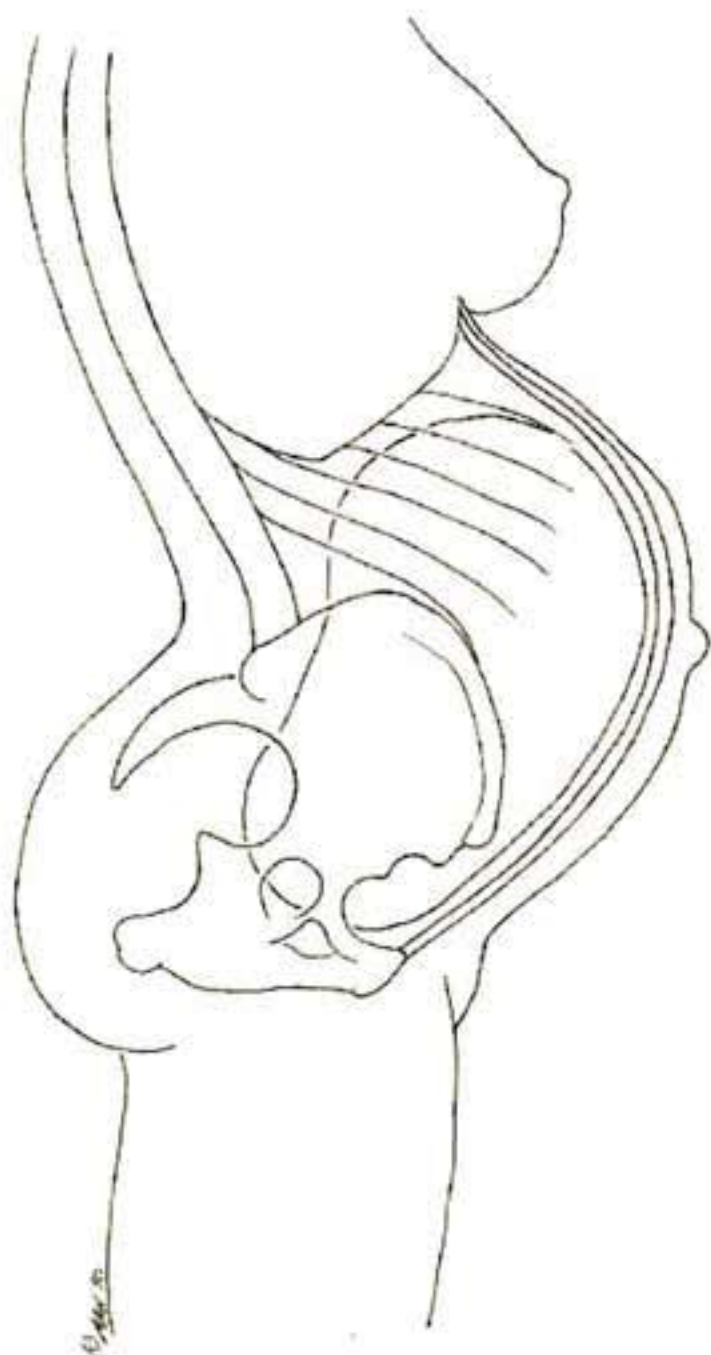


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THIRD TRIMESTER (28-40 weeks)

DECREASING THE ROUTINE



Physical Symptoms

- The mother will start to get more fatigued as her weight and size increases. The baby will need more calories to lay down its store of fat at this time. Swelling in the hand, ankles and feet are likely.
- Shortness of breath and faintness may be present. May have contractions known as braxton hicks.

Psychological symptoms

- The mother may be getting discouraged and want the pregnancy to be over with.
- Swings between excitement and fear of labor and delivery.
- May have a burst of energy towards the end of this trimester known as the “nesting instinct”.

The baby just before birth is between 16-21 inches long and weighs between 7.5-9 pounds.

Breakdown of third trimester fetal development

Week 28 – fetus is able to hiccup

Week 29 – eyes able to open, close and blink

Week 30 – fat layers forming

Week 31 – 96% of all fetuses settle into a head down position

Week 32 – organs begin maturing

Week 33-35 – fetus can respond to outside stimuli

Week 36 – kidneys mature

Week 37 – fetus has firm grasp reflex

Week 38 – growth rate slowing down, fetal movement decreases

Week 39 – lungs mature, bones fully formed, lanugo hair and vernix disappearing

Week 40 – full term

Week 41 – post term

Week 42 – overdue, may be induced

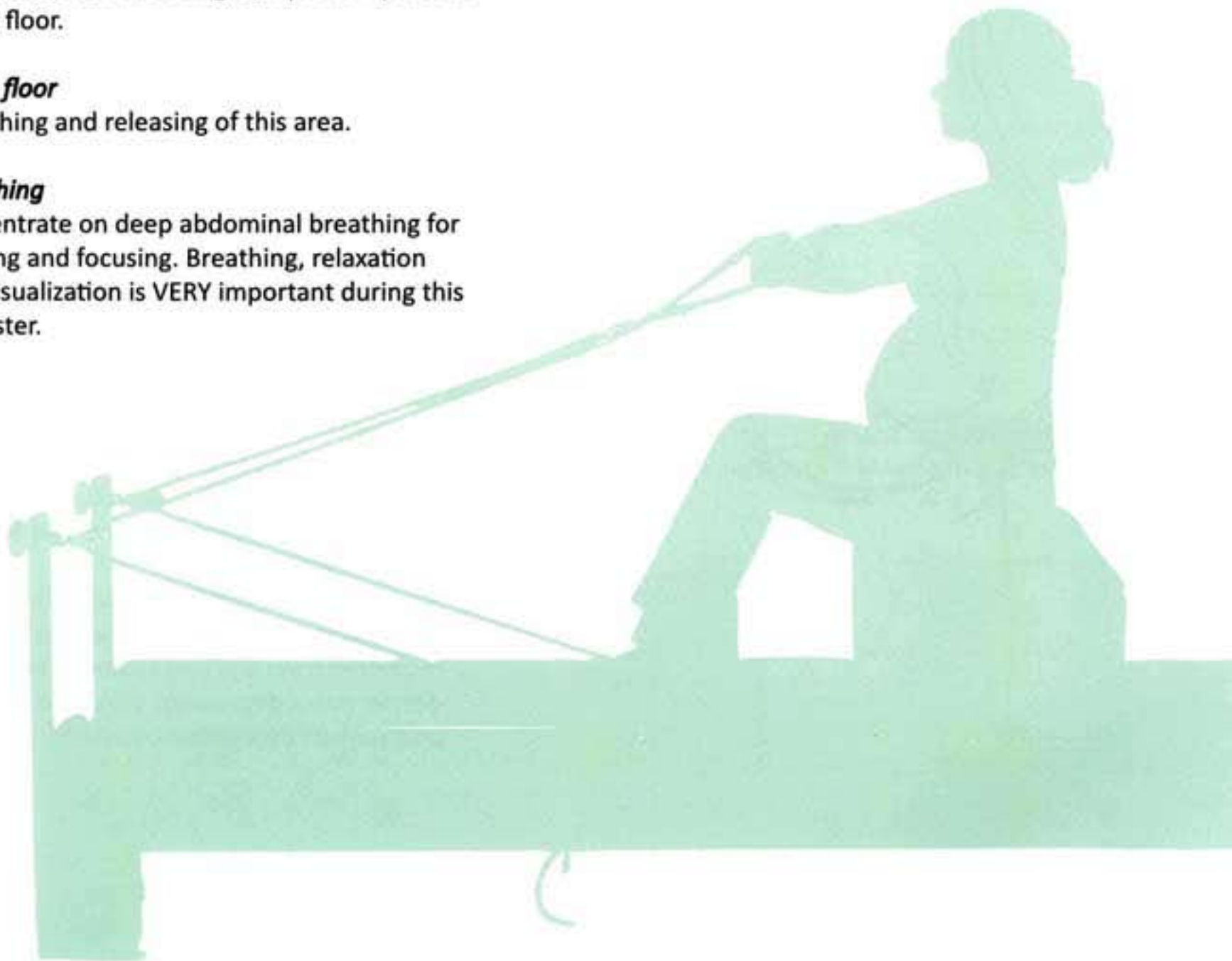
This trimester is one of slowing down and decreasing the exercise workload. Include lots of gentle stretching and breathing.

Emphasize exercises that will stretch the pelvic floor.

Breathing at this stage is usually shallow and in the rib cage. Keep trying deep abdominal breathing, as this breath will help through labor and delivery.

Essential exercises for third trimester

- **Mobility of the pelvis**
Using pelvic tilts, hip circles, bridging to maintain the flexibility of this area.
- **Stability of the spine and pelvis**
Using gentle abdominal work with breathing.
- **Stretching**
Concentrate on inner thighs, hips and spine and pelvic floor.
- **Pelvic floor**
Stretching and releasing of this area.
- **Breathing**
Concentrate on deep abdominal breathing for calming and focusing. Breathing, relaxation and visualization is VERY important during this trimester.



Side Lying Feet in Straps

1 1/2 Springs, All Trimesters

Benefits

Strengthens the hamstrings and gluts.

Parallel

- Lie sideways on the carriage with the head rest up.
- Place one strap around the foot of the top leg.
- The underneath leg is bent.
- Inhale.
- Exhale and straighten the leg.



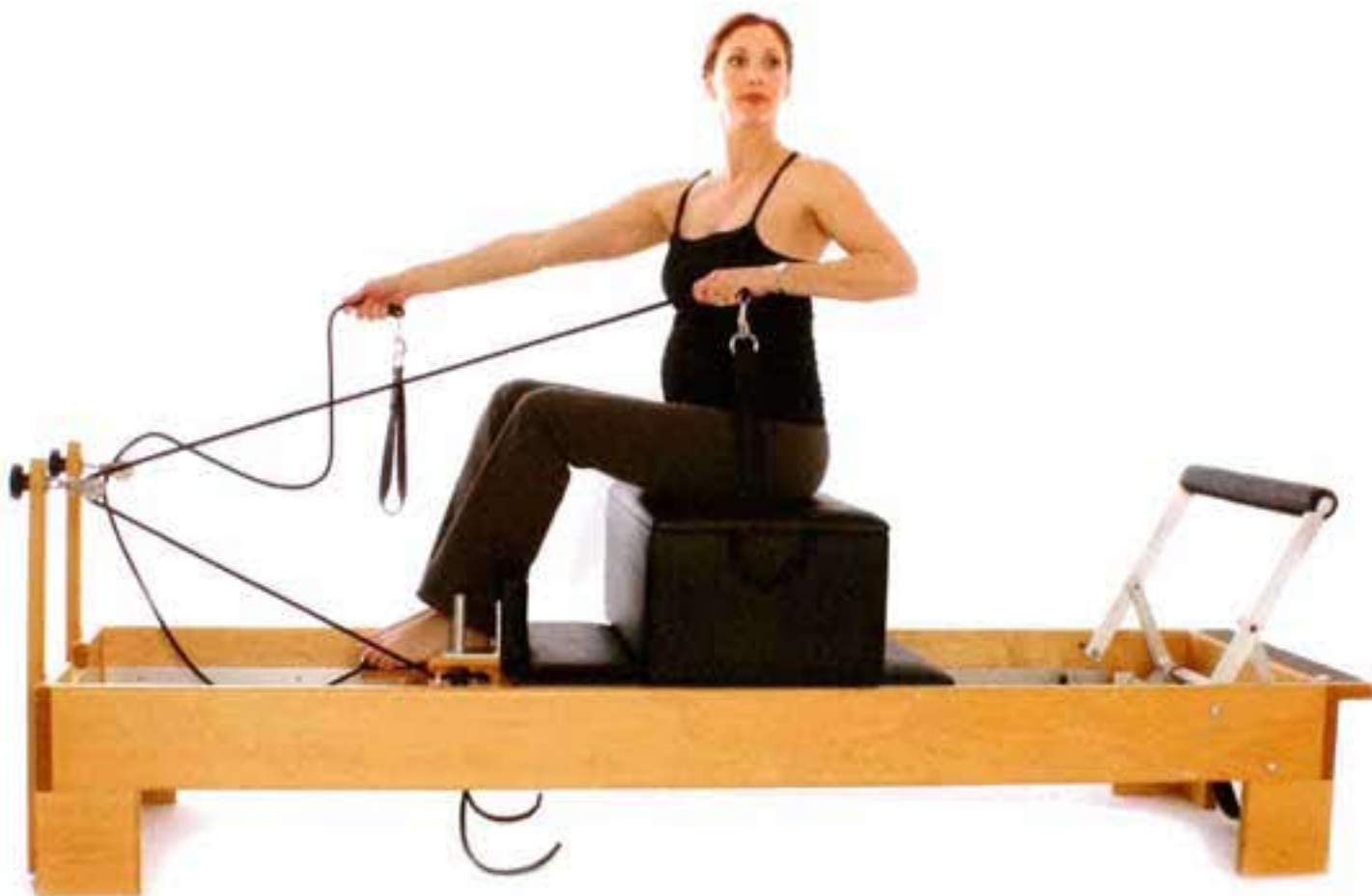
Sitting Torso Rotation

Benefits

Strengthens the posterior shoulder muscles.

Strengthen the obliques.

- Sit on the box facing the straps.
- Cross the straps in front of the body changing hands.
- Inhale to prepare.
- Exhale and pull one strap backwards bending the elbow.



Internal Rotation

1 Spring

Benefits

Strengthens the rotator cuff.

- Place the long box on the carriage with enough room for the feet.
- Hold the nearest strap with one hand. Bend the elbow
- Inhale.
- Exhale and bring the hand across the body, rotating from the shoulder.
- Inhale to return.



Back Extension

2 Springs

Benefits

Safely extends the thoracic spine.

- Sit on the carriage facing the footbar with both feet on the footbar in a "V" position. Place a stability ball behind the back for support.
- Arms are extended forward.
- Inhale and press the carriage away straightening the legs. Arms lift overhead.
- Exhale and extend backwards over the ball.
- Continue to exhale, circling the arms around to the sides as you return the carriage.



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