

Helpful Equipment



Maternity SI-LOC: distributes pressure of the abdomen evenly

Mother-To-Be retention belt: prevents distortion of the low back curve



Compression Stockings of 20-30mmHg: reduces swelling in the legs and feet and promotes return of blood to the heart

www.optp.com & www.jobst.com

Body Mechanics

- Do not lift awkward shaped objects
- Do not lift objects greater than 20 pounds

Lifting

- Have a firm footing
- Keep your back straight
- Do not bend at the waist
- Tighten your stomach muscles and bend your legs

Carrying

- Hold objects close to you body and take small slow steps

www.my.clevelandclinic.org/healthy_living/Pregnancy/hic_Correct_Posture_During_Pregnand_Body_Mechanicsa.aspx

Myths & Facts

Myth #1:

Pregnant women should not stand near the microwave oven.

TRUTH: There is no scientific proof that the microwave will harm the fetus.

Myth #2:

Air Travel will increase my risk for premature labor or a miscarriage.

TRUTH: The change in air pressure is not linked to premature labor or a miscarriage, but if the flight is longer than an hour you need to get up and walk around, because of the increase risk of blood clots with pregnancy.

Myth #3

I should not paint my nails while I am pregnant, because of Phthalates.

TRUTH: No evidence exists to support this statement. Phthalates exist in deodorants, hairspray, nail polish, and air fresheners.

Fact #1

I should not smoke during pregnancy. Smoking causes low-birth-weights and puts the child at risk for premature birth.

Fact #2

I should not change the litter box while I am pregnant. Cats have a parasite in their fecal matter that infect humans.

Fact #3

I should not color my hair during the first trimester of pregnancy. Research is beginning to show some coloration between dyes injected into the mother and increase risk of cataracts in the offspring.

www.webmd.com/baby/guide/separating-pregnancy-

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For more brochures:
www.angelo.edu/dept/physical_therapy/

The Key to a Healthy Pregnancy



Important information for expecting mothers

Nutrition

The foods that are healthy for the mother are healthy for the baby.

Pregnant women need an increase of 150 calories/day at the beginning of pregnancy (i.e. medium apple) and up to 250 calories/day towards the end of the pregnancy. Average weight gain for pregnant women should be between 20 to 30 pounds.

Protein: at least 10 grams/day

Minerals and Vitamins:

More Calcium (3-4 servings a day), Iron, and Folic acid

Caffeine: 2 cups of coffee or 4 cups of tea a day; Up to 16 ounces of caffeinated beverage per day is considered safe

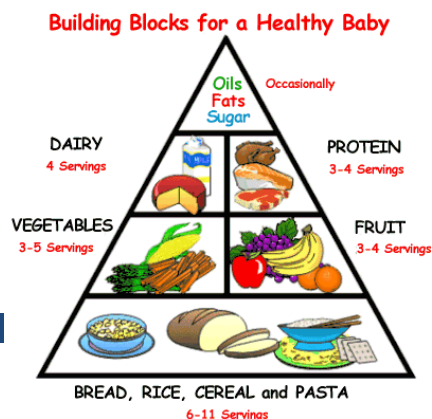
Meals: Eat 3 to 4 meals a day
Small healthy snacks during the day

Do not skip breakfast

Avoid eating: liver from any animal, more than 12 ounces of fish per week, fish with high mercury levels, foods with listeria (bacteria found in hot dogs, deli meats, soft-ripened cheeses, or raw meats and vegetables)

Liquids: At least 1.5 liters each day of non-sweet, non-alcoholic drinks such as water and/or decaffeinated drinks

www.healthandage.com/nutrition-for-



Common Orthopedic Problems

Low Back Pain

The extra weight of the baby, and the awkward distribution of weight causes muscle fatigue and spasm in the back that resolve after delivery. For relief during pregnancy, core strengthening exercises, massage, and support equipment may be beneficial.

Carpal Tunnel Syndrome

Carpal tunnel syndrome is a condition that compresses nerves in the wrist. With this syndrome you may experience pain, tingling, and numbness in the fingers. Treatment can usually be accomplished with stretching, possibly night splints, and other means of decreasing inflammation.

Plantar Fasciitis

Plantar fasciitis is a condition that causes pain on the bottom of the foot. Plantar fasciitis is often associated with rapid weight gain. During the later stages of pregnancy, women may experience pain and inflammation on the bottom of the foot. Freeze a plastic bottle full of water and roll on the bottom surface of your foot for 8 to 10 minutes. Also, use knuckles and/or other hard object to massage the painful area.

Meralgia Paresthetica

Meralgia paresthetica is a common condition during pregnancy in which the baby presses against a nerve causing numbness or tingling over the thigh. Symptoms typically resolve after birth. Modifications during pregnancy include wearing loose fitting clothing and changing positions to alleviate pressure.

Osteitis Pubis

Osteitis pubis occurs as a result of inflammation at the pubic symphysis which is a joint at the front center of the pelvis. This condition usually improves with rest, ice and/or heat packs, and physical therapy to maintain strength and flexibility.

www.orthopedics.about.com/od/orthopedicconditions/tp/pregnancy

Exercises*

General Guidelines

- *Light to somewhat hard intensity*
- *15 - 30 minutes*
- *5 - 7 days per week*
- *Modify intensity according to tolerance*

Recommended Activities

- *Stationary cycling*
- *Swimming or water aerobics*
- *Walking*
- *Aerobics*
- *Postural exercises*
- *Strengthening exercises*
- *Flexibility exercises*
- *Relaxation Techniques*

Reasons to Stop Exercise

- *Vaginal bleeding*
- *Shortness of breath before beginning exercise*
- *Dizziness*
- *Headache*
- *Chest pain*
- *Weakness*
- *Calf pain or swelling*
- *Pre-term labor*



American College of Sports Medicine. ACSM's Guidelines for Exercise Testing and Prescription. 7th ed. Kisner C, Colby LA. Therapeutic Exercise: Foundations and Techniques. 4th ed.

**Consult your physician before starting exercise.*