

Happy Valley

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Service Hours

Monday to Friday: 9:00 am – 12:30 pm
1:30 pm – 5:00 pm
Saturday: 9:00am – 1:00 pm
Closed on Sundays and Public Holidays
Consultation by Appointment



Antenatal Care

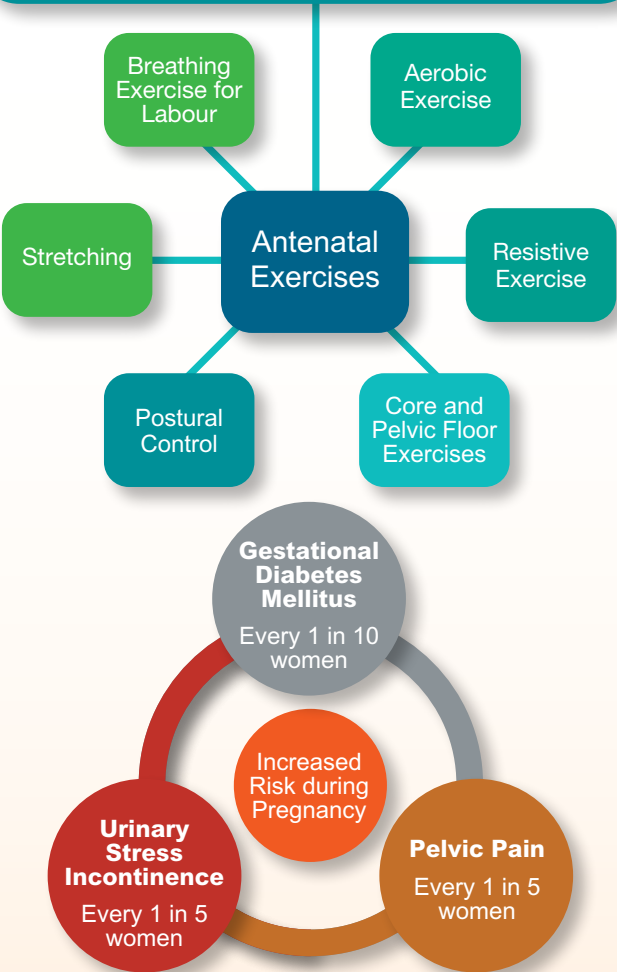


For enquiries and appointments,
please contact us

Benefits of Antenatal Exercise to Pregnant Women and Foetus

Research has shown that mothers and foetus can benefit from exercise during pregnancy. While strengthening and aerobic exercises can reduce the risk of gestational diabetes mellitus at different stages of pregnancy, pelvic exercise helps prevent and improve incontinence after childbirth.

Antenatal exercises can be categorised into six areas as below:



Antenatal exercises are most effective when with all six categories. For instance, strong core and pelvic floor muscles are required to protect the spine/pelvis and keep you in good posture during aerobic exercise. In addition to breathing techniques, core strength and pelvic floor flexibility are important to ensure a smooth labour.

Given the differences in physical conditions, capability and needs of pregnant women, you need to exercise under the guidance of a specialised physiotherapist.

Normal Physiological Changes during Pregnancy	Benefits of Antenatal Exercise
Increase in cardiorespiratory demand, dizziness /shortness of breath on exertion	Maintain cardiorespiratory fitness, improve blood circulation and body strength in preparation for labour
Change in metabolism, increased risk of gestational diabetes mellitus	Maintain healthy weight gain and prevent gestational diabetes mellitus / hypertension
Increase in joint and ligament laxities	Enhance muscle strength to protect joints from injuries
Increased stress on pelvic floor muscles	Improve pelvic floor muscle strength and prevent urinary incontinence
Increased stress on core muscles	Improve core stability, prevent lower back and pelvic pain
Change of posture and centre of balance	Improve posture, balance and coordination
Other benefits of antenatal exercise: Promote emotional well-being, benefits to foetal development, prevent postnatal diabetes and facilitate postnatal body reshaping	

Breathing Exercise for Labour

First Stage

The following exercises help you relax and conserve strength during contractions:

Deep Breathing

Breathe in through the nose until your lower chest wall and abdomen expand, then slowly exhale through your mouth. Breathe deeply when contractions are mild.

Shallow Breathing

Gently breathe in through your nose until the upper chest is lifted, then exhale through your mouth. Adopt this breathing method when contractions are intense. Take normal breaths when contractions stop.

Second Stage

With the cervix being fully dilated, stronger contractions help push the baby out. The following breathing methods can help the push:

1. Look down and hold the handrails.
2. Relax the pelvic floor when you feel uterine contractions and the baby's head being pushed down.
3. Take a deep breath and hold your breath when you push the baby down.
4. Every contraction lasts about a minute, during which you can try to push the baby out. Always follow the guidance from your doctor and midwives.

Postural Care During Pregnancy

Poor sitting and standing postures will bring pressure on intervertebral discs of the spine.

Forward head and shoulder postures increase pressure in the lower neck.



Pressure in the lower back increases when overarching the back.



Put pillows under your tummy and between your knees to keep a good body alignment.



Getting In Bed

Get into the lying position by keeping the knees together. Lower yourself onto one side using your arms as support. Pull your legs slowly on the bed with core muscle tightened.

Getting Out of Bed

Keep your core muscles tight, then roll onto your side and swing your legs off the bed. Push yourself up with your arm into a sitting position.

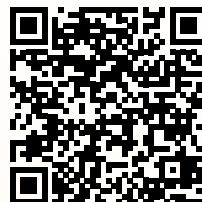


Do not bend the back when you lift a heavy object. Try to kneel down with your back straight, and keep the object close to you while lifting.



For more information regarding back and neck postural care, please visit:

<http://www.hksh.com/redirect/physio/acute-back-and-neck-pain-physiotherapy/en/>



For enquiries about our antenatal physiotherapy service and exercise class booking, please contact:

Physiotherapy Centre

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