

Physiotherapy Wellbeing Classes



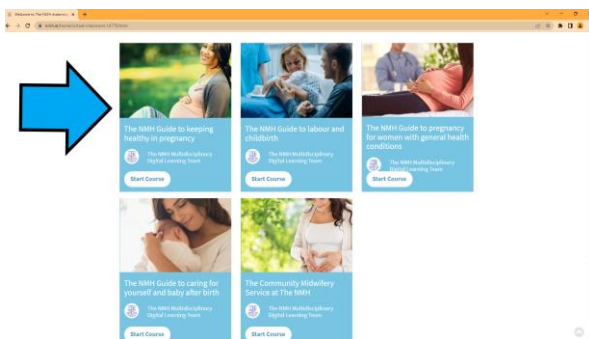
Physiotherapy Service

- Maternity/Gynaecology/Neonatal Service
- Referral system
- Promote well-being!



What will we cover today?

- Exercise in Pregnancy
- Sleeping in Pregnancy
- Managing physical issues in Pregnancy
- Looking after our bladder, bowel & pelvic floor
- Looking after our abdominal support muscle
- Learning to work with our breath
- Q & A session



NMH website - Support services - Physiotherapy

Resource Documents

Maternity - Antenatal

Back Care in Pregnancy
Carpal Tunnel Syndrome
Upper Back Pain and Rib Pain
Pelvic and Lower Back Pain Handout 2021

Maternity - Postnatal

Abdominal Scar Massage
Perineal Massage
Physiotherapy advice after a Caesarean Section
Physiotherapy advice after vaginal delivery
Physiotherapy advice after an assisted vaginal delivery
Physiotherapy return to high impact Advice



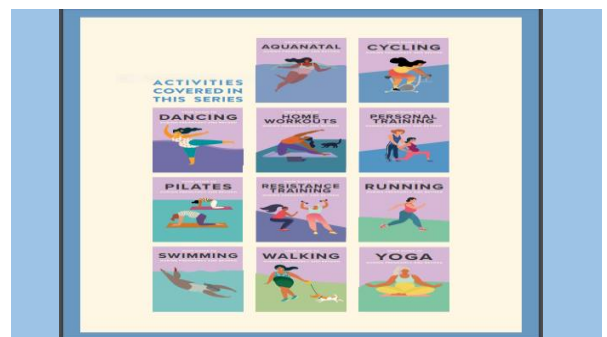
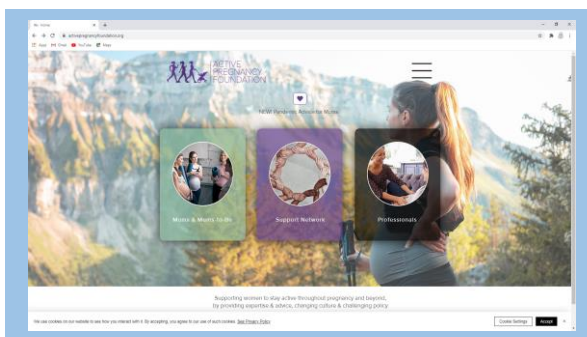
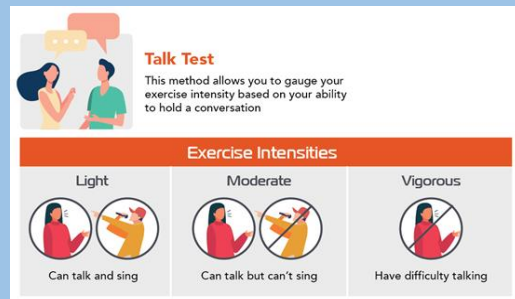
Why exercise?

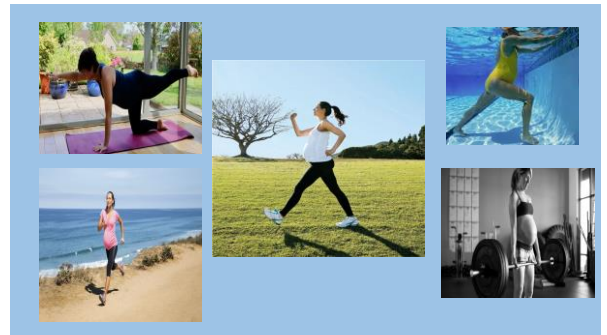
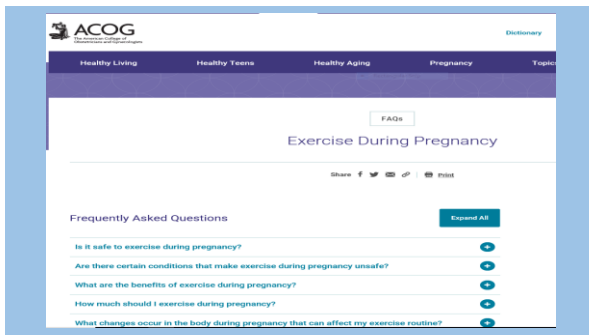
- Improves your mood
- Improves oxygen flow to placenta
- Helps you manage your weight
- Reduces risk of increased blood pressure / gestational diabetes
- Helps you sleep
- Boosts energy levels
- Aids positioning

Exercise in Pregnancy reduces the rate of:

- Gestational diabetes mellitus by 38%
- Gestational hypertension by 39%
- Pre-eclampsia by 41%
- Depression by 67%

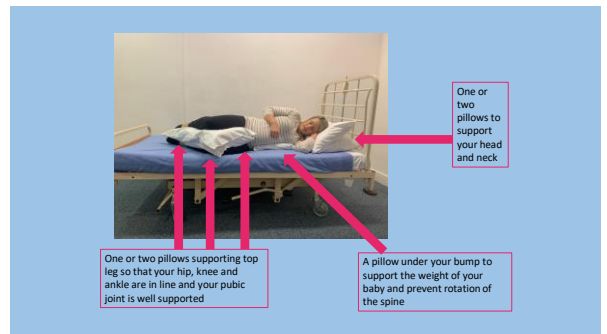
RCOG 2019 Guidelines





Sleeping in Pregnancy

- It is advised to sleep on your side from 28 weeks of pregnancy
- This can be either left or right
- If you wake up on your back don't worry roll over onto your side.



Common physical issues in pregnancy

- Pelvic Pain
- Lower Back Pain
- Coccyx Pain
- Carpal tunnel syndrome
- Rib pain

Pelvic Girdle Pain



Pelvic Girdle Pain

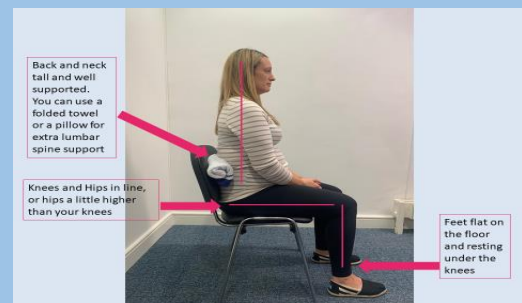
- Prevalence: 39-80%
- Difficulty changing positions
- Limited endurance for any sustained position/walking.
- Worse as day goes on
- Can change in nature/location



Pelvic and Low Back Class



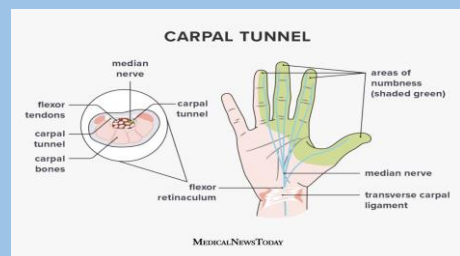
Women's Health Physiotherapy
National Maternity Hospital



Posture



Carpal tunnel Syndrome



Carpal tunnel syndrome

- An ache or pain in your fingers, hand or arm
- Numb hands
- Tingling or pins and needles
- Weak thumb or difficulty gripping
- Worse as day goes on

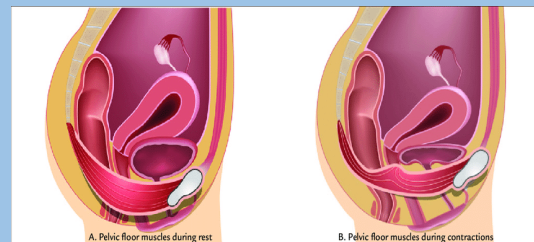
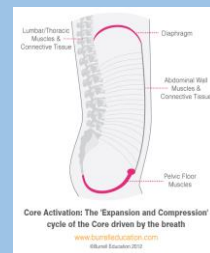


Rib pain



Rib pain

- Usually arises at end of 2nd trimester into 3rd.





- Aim to contract x 10 seconds & repeat 10 times
- Feel the release!
- Aim to perform 10 quick contractions
- Breathe out as contract.
- Use the “knack”
- Repeat 3 times a day

Having a wee

- Kidneys produce more wee
- Pressure on bladder
- Take your time.
- Move back and forth
- Drink adequate water



Preventing Constipation

- Fluid
- Fibre
- Poo posture
- Movement



Transversus abdominis

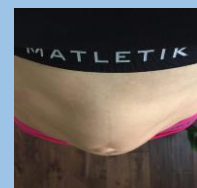
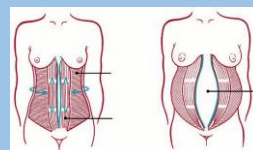


Transversus abdominis



- Aim for 10 x 10 second contractions
- Breathe out as you engage
- Repeat 3 times a day
- Use it to support.

Diastasis of the Recti Muscles



Working with our breath in Pregnancy

- Calms our CNS
- Preparation for Birth
- Mobilises our body
- Improves our circulation



Postnatal Recovery Advice

- Advisable to attend before birth
- Class every Friday
- 11-12.30
- Email njordan@nmh.ie to book



Now over to you!
Any questions?



The National Maternity Hospital
Vita Gloriosa Vita - Life Glorious Life

Nutrition in Pregnancy – what to focus on?



How do you know what nutrition information is useful to you, and what might be causing you unnecessary worry?

In this webinar, we will cover key topics to help optimise nutrition for your wellbeing in pregnancy and your baby's growth & development.

- Nutrition for pregnancy and beyond
- Nutrients of importance for each trimester e.g. folic acid, iodine, iron, calcium
- Supplements- what do you need?
- Weight gain
- Food safety
- Preventing problems e.g. nausea, constipation, anaemia
- Useful resources

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We look forward to answering your pregnancy nutrition questions

Email: physio@nmh.ie

<https://www.surveymonkey.com/r/JSSBDMK>