

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

Midwifery & Nursing Vacancies

To apply, please email careers@nmh.ie

[Learn More](#)

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Covid-19 information

[Latest Information for Visiting the Hospital](#)



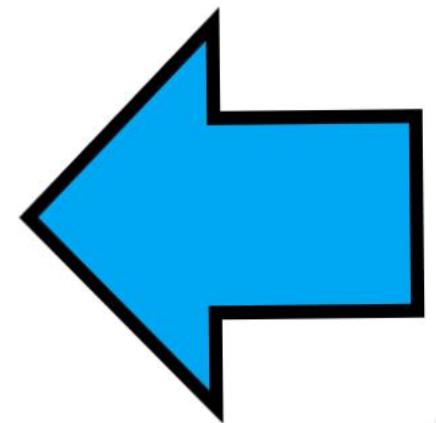
COVID-19 Information for Patients

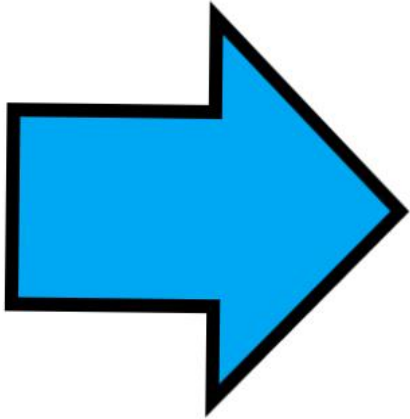


Information for Health Professionals



eLearning Hub





The NMH Guide to keeping healthy in pregnancy



The NMH Multidisciplinary Digital Learning Team

Start Course



The NMH Guide to labour and childbirth



The NMH Multidisciplinary Digital Learning Team

Start Course



The NMH Guide to pregnancy for women with general health conditions



The NMH Multidisciplinary Digital Learning Team

Start Course



The NMH Guide to caring for yourself and baby after birth



The NMH Multidisciplinary Digital Learning Team

Start Course



The Community Midwifery Service at The NMH



The NMH Multidisciplinary Digital Learning Team

Start Course





The National Maternity Hospital
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Maternity



Women's Health



Support Services

Support Services

While you are under the care of the National Maternity Hospital, you can avail of a variety of support services designed to give you that little bit of extra care should you need it.

We have a number of specialist staff and teams who are available to provide you with additional help, support and advice to complement the care and treatment you are already receiving.



Physiotherapy

Providing confidential treatment and care for all Women's Health and Maternity patients as well as Newborns.

[VIEW DETAILS](#)

Diabetes

Providing a comprehensive holistic approach to ensure a high quality and safe pregnancy with regular care and support.

[VIEW DETAILS](#)

Clinical Nutrition & Dietetics

Assessing medical and nutritional needs to identify any areas of concern that may require support to help make diet and lifestyle changes.

[VIEW DETAILS](#)

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](#)

Physical activity for pregnant women



UK Chief Medical Officers Recommendations 2017: Physical Activity in Pregnancy.
bit.ly/startactiveinfo

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





Talk Test

This method allows you to gauge your exercise intensity based on your ability to hold a conversation

Exercise Intensities

Light



Can talk and sing

Moderate



Can talk but can't sing

Vigorous



Have difficulty talking



Regularly Shop

ACTIVITIES COVERED IN THIS SERIES



Healthy Living

Healthy Teens

Healthy Aging

Pregnancy

Topics

FAQs

Exercise During Pregnancy

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Frequently Asked Questions

Expand All

Is it safe to exercise during pregnancy?



Are there certain conditions that make exercise during pregnancy unsafe?



What are the benefits of exercise during pregnancy?



How much should I exercise during pregnancy?



What changes occur in the body during pregnancy that can affect my exercise routine?





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.





One or two pillows to support your head and neck

One or two pillows supporting top leg so that your hip, knee and ankle are in line and your pubic joint is well supported

A pillow under your bump to support the weight of your baby and prevent rotation of the spine



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



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Hello, you are reading this to help you manage your pelvic and/or back pain. We would suggest trying out the advice within and if, after allowing your body some time to respond. Please see the exercises at the end of the leaflet along with a link to videos of these exercises. If you need further support please contact us at physio@nmh.ie.

What is Pelvic Girdle Pain?


Pelvic Girdle Pain (PGP) is the term given to pain in the joints that make up your pelvic girdle. It is common but not normal and can affect 1 in 5 women during pregnancy. There are many causes of PGP which may include:

- Uneven movement of the pelvic joints
- Changes in the activity of the tummy, pelvic girdle, hip and / or pelvic floor muscles can affect the stability of the pelvic girdle
- Previous injury to the pelvis
- Hormonal changes that occur during pregnancy
- The position of your baby
- Weakness or spasm in the muscles which help to support the pelvis and the lower back

The Pelvic Girdle

The pelvic girdle consists of the sacrum bone at the back, which is a continuation of the spine, and the two ilium or hip bones. At the back, the ilium and sacrum form the sacroiliac joints, one on each side. Both ilia are connected by cartilage at the front, to form the symphysis pubis joint. These joints are also reinforced by strong ligaments.

Female Pelvis



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Pelvic and Low Back Class

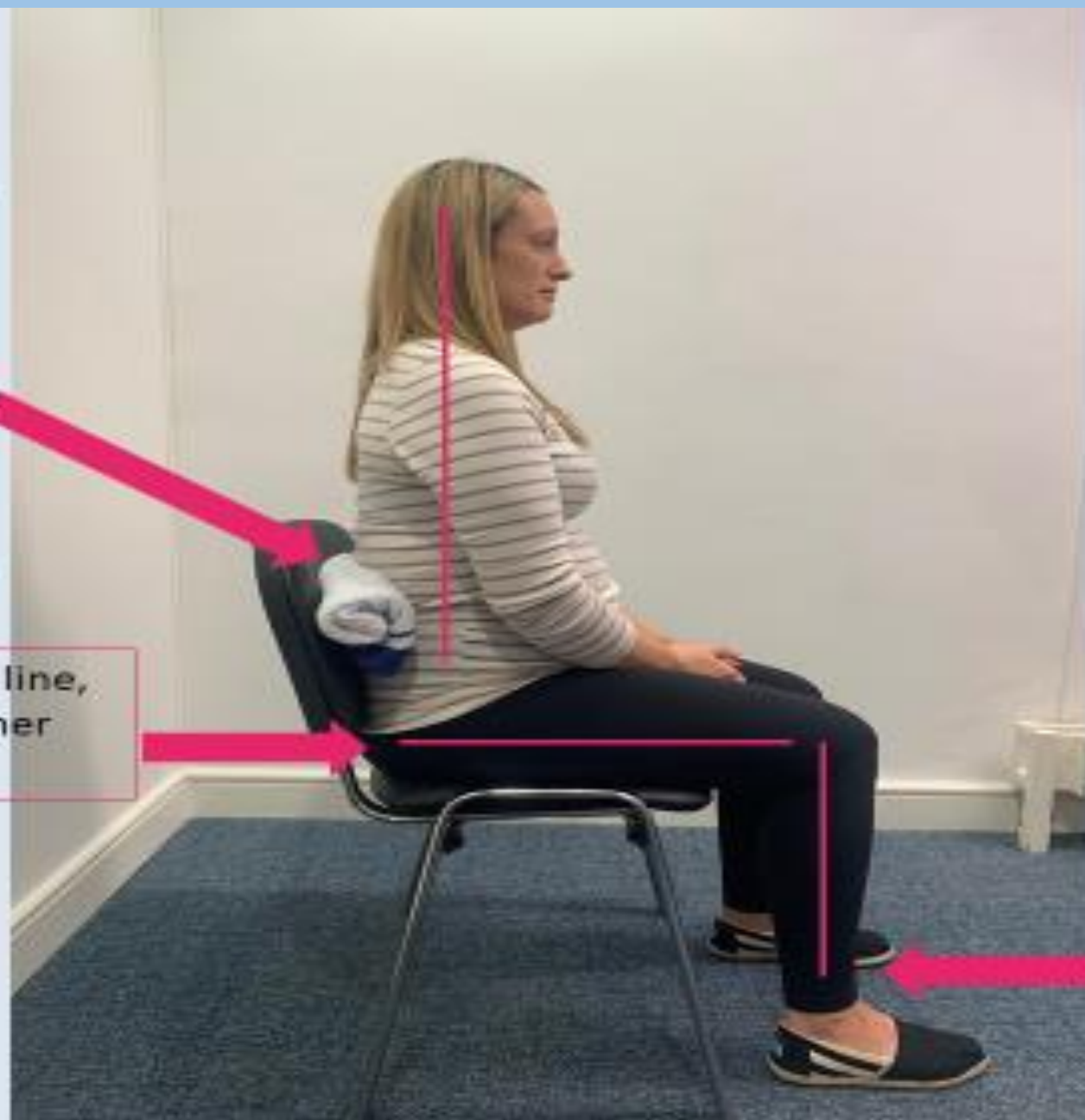


Women's Health Physiotherapy
National Maternity Hospital

Back and neck tall and well supported. You can use a folded towel or a pillow for extra lumbar spine support

Knees and Hips in line, or hips a little higher than your knees

Feet flat on the floor and resting under the knees



Posture

PREGNANCY POSTURE

Correct

Upright Posture

Head: Lift through the crown of the head, lifting the chin and aligning the ears with the neck

Shoulders and Chest: Pull your shoulders back and down, lifting the ribcage

Abs, Butt and Uterus: Contract the abdominal muscles and tuck the butt under so that the pubicbone is slightly forward

Knees: Keep your knees relaxed and bent slightly



InCorrect

Upright Posture

Head: Chin pushed forward and eyes focused down, straining the neck

Shoulders and Chest: Hunched shoulders can restrict the ribcage, making breathing and digestion more difficult

Abs, Butt and Uterus: Slack abdominal muscles lead to overarching of the low back and forward tilt of pelvis. This can also pressure the bladder

Knees: Locking the knees strains the joints and pushes the pelvis forward

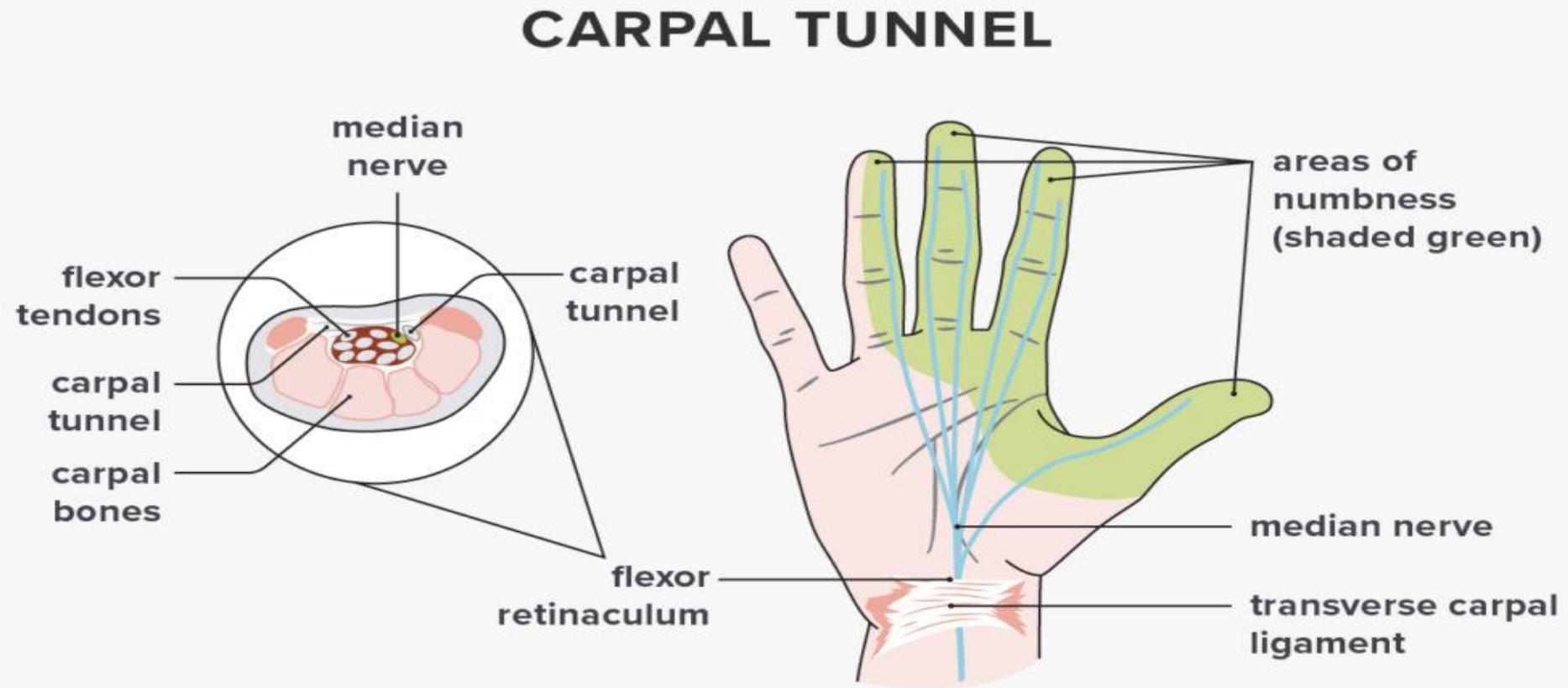




Bad vs. Good Pregnancy Posture




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




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Physiotherapy Department – Advice on managing Carpal Tunnel Syndrome

What is the carpal tunnel?

The carpal tunnel is the space at the base of the wrist, where nerves and tendons pass through from the forearm to the hand. It is a narrow passageway, formed by bones and a tough fibrous ligament.

The median nerve is one of the main nerves to pass through this space. It provides feeling to the thumb, index and middle finger, along with half of the ring finger, and gives power to small muscles near the thumb.



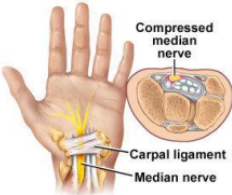
Carpal tunnel syndrome

This is caused by compression or pressure on the median nerve due to swelling. Hormonal changes (especially in pregnancy), injury or repetitive actions at the wrist can cause carpal tunnel syndrome symptoms.

Women are more commonly affected than men.

Between 2-25% of pregnant women experience symptoms, especially in their second and third trimester.

Carpal tunnel syndrome is more common among people with diabetes, thyroid disorders, rheumatoid arthritis, obesity and smokers.



Rib pain



Rib pain

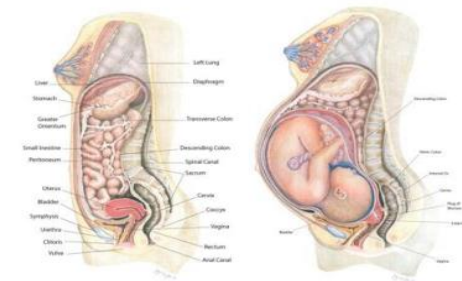
- Usually arises at end of 2nd trimester into 3rd.



Physiotherapy Department – Managing upper back and rib pain in pregnancy

Rectangular Strip

Upper Back Pain during pregnancy can be really uncomfortable for pregnant women. It usually occurs in the third trimester, although for some women it can begin even earlier. The sensation can range from mild discomfort to strong pain. The pressure from the top of your growing uterus is often to blame.

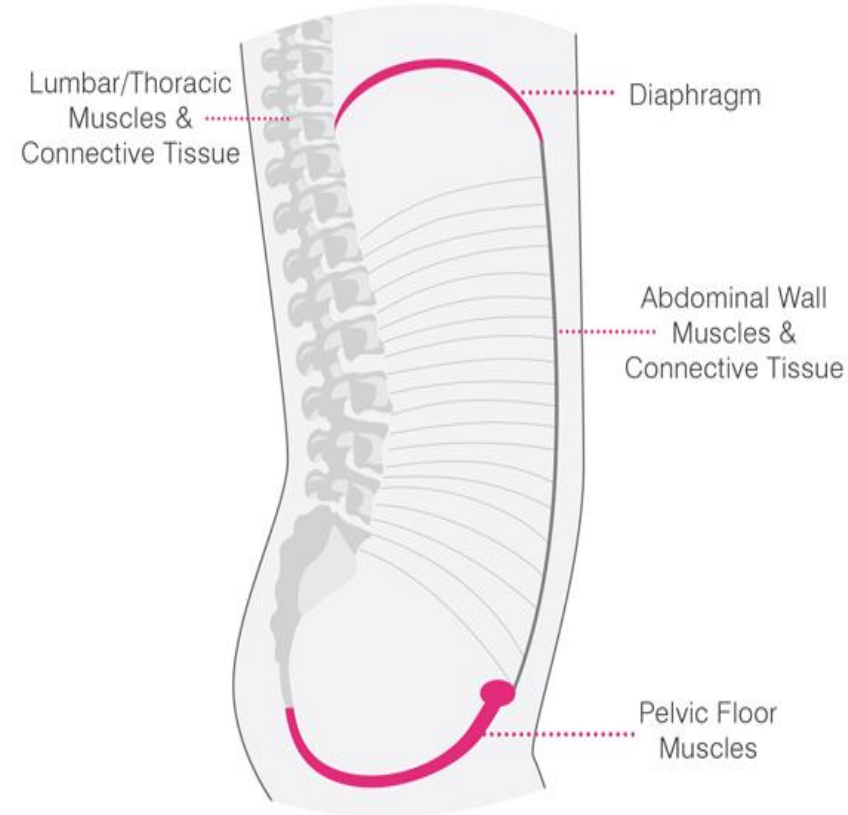


If your baby is in a breech position, the pressure from his or her head wedged underneath your ribs might be the cause of your discomfort.

This pain can be felt on the side of the baby's position and just below the breasts or at the back at the level of the bra-strap.

This can be more painful when sitting, more so when leaning forward as sitting shortens the distance between our pelvis and ribcage. When we stand up our torso lengthens.

While there's not much you can do to stop a growing uterus, there are some things you can do to get some temporary relief.



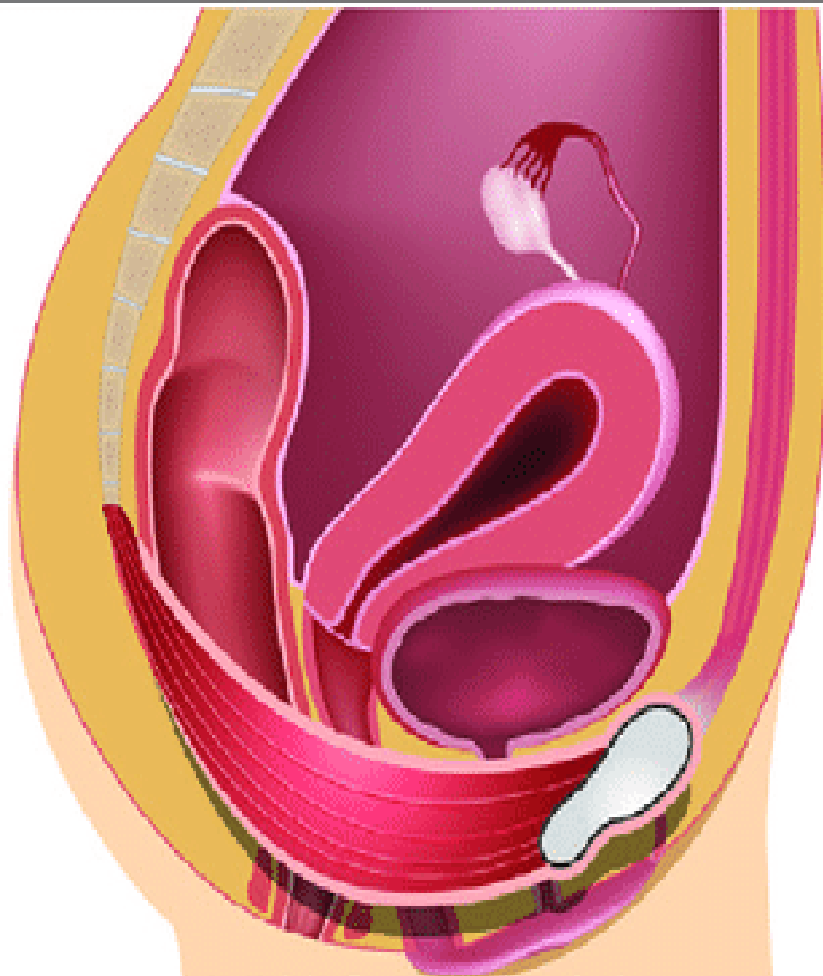
**Core Activation: The 'Expansion and Compression'
cycle of the Core driven by the breath**

www.burrelleducation.com

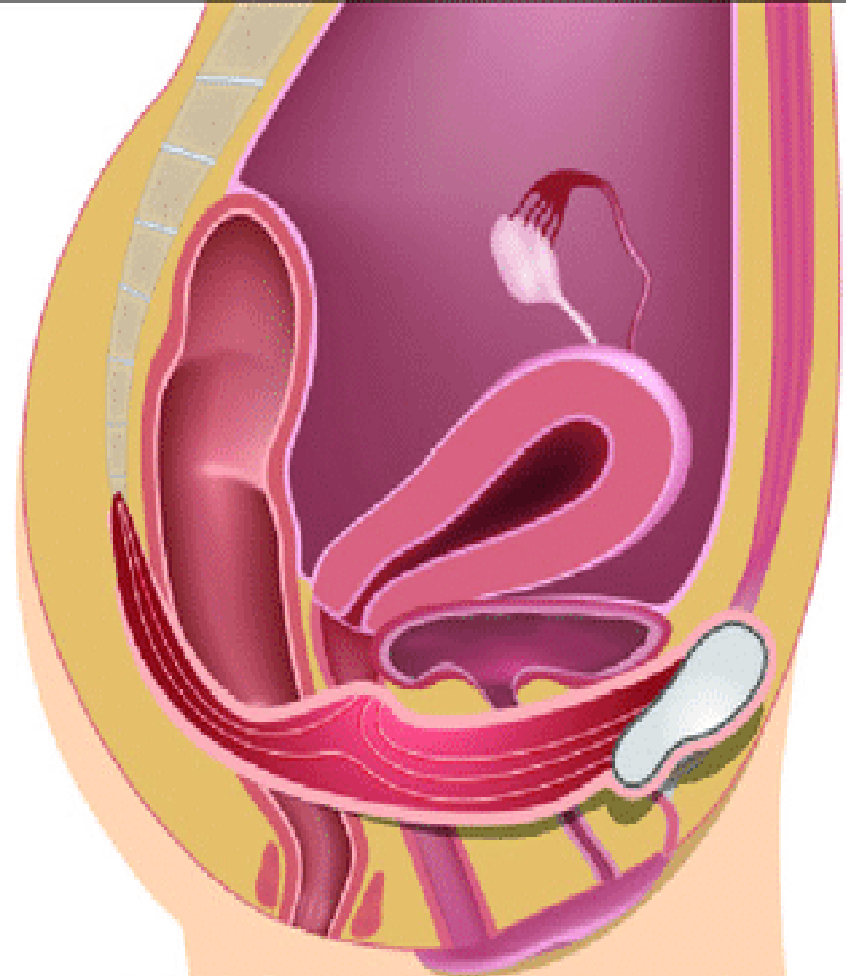
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Diagram showing where pelvic floor muscles are located

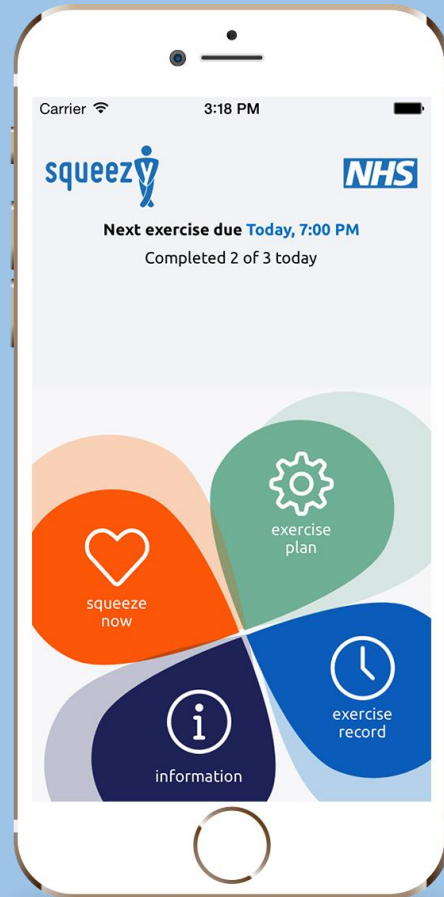




A. Pelvic floor muscles during rest



B. Pelvic floor muscles during contractions



- 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

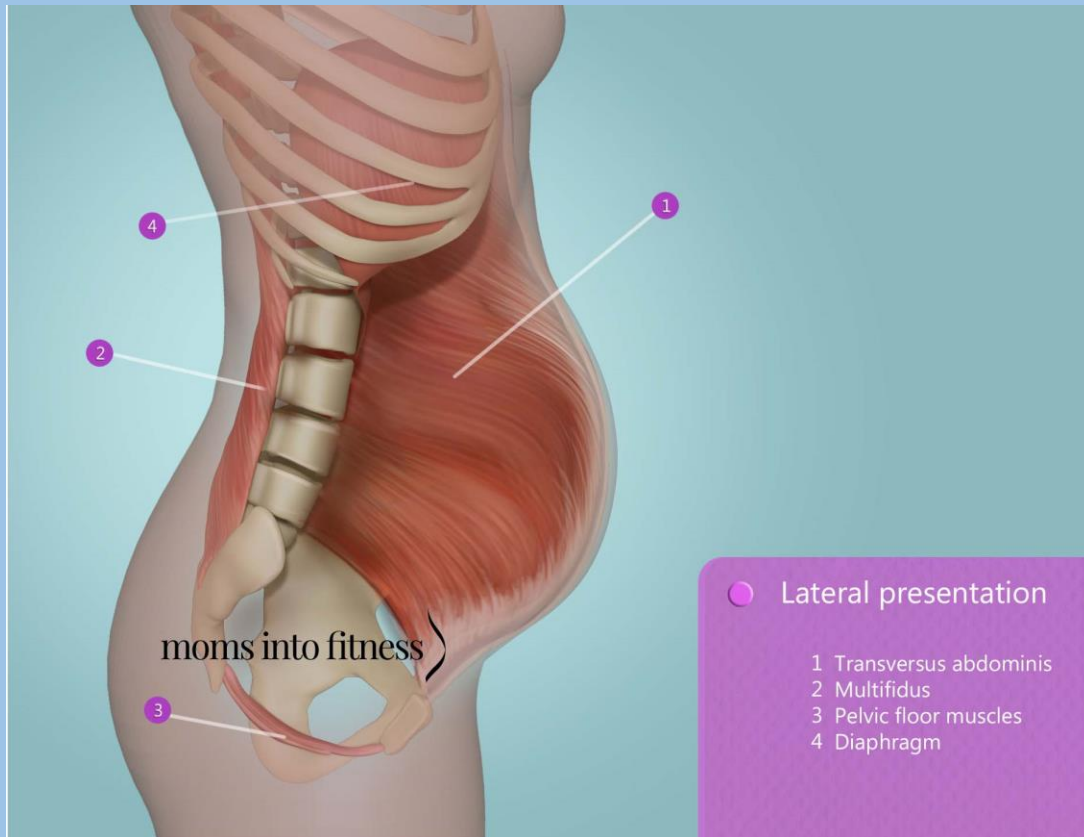


Preventing Constipation

- Fluid
- Fibre
- Poo posture
- Movement



Transversus abdominis

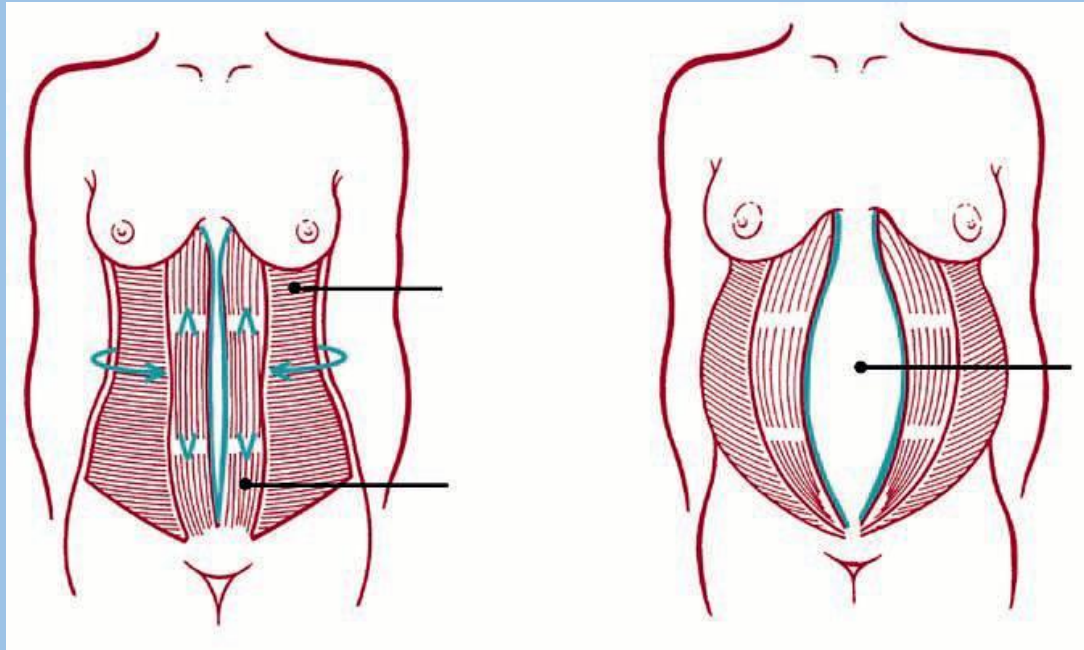


Transversus abdominis



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

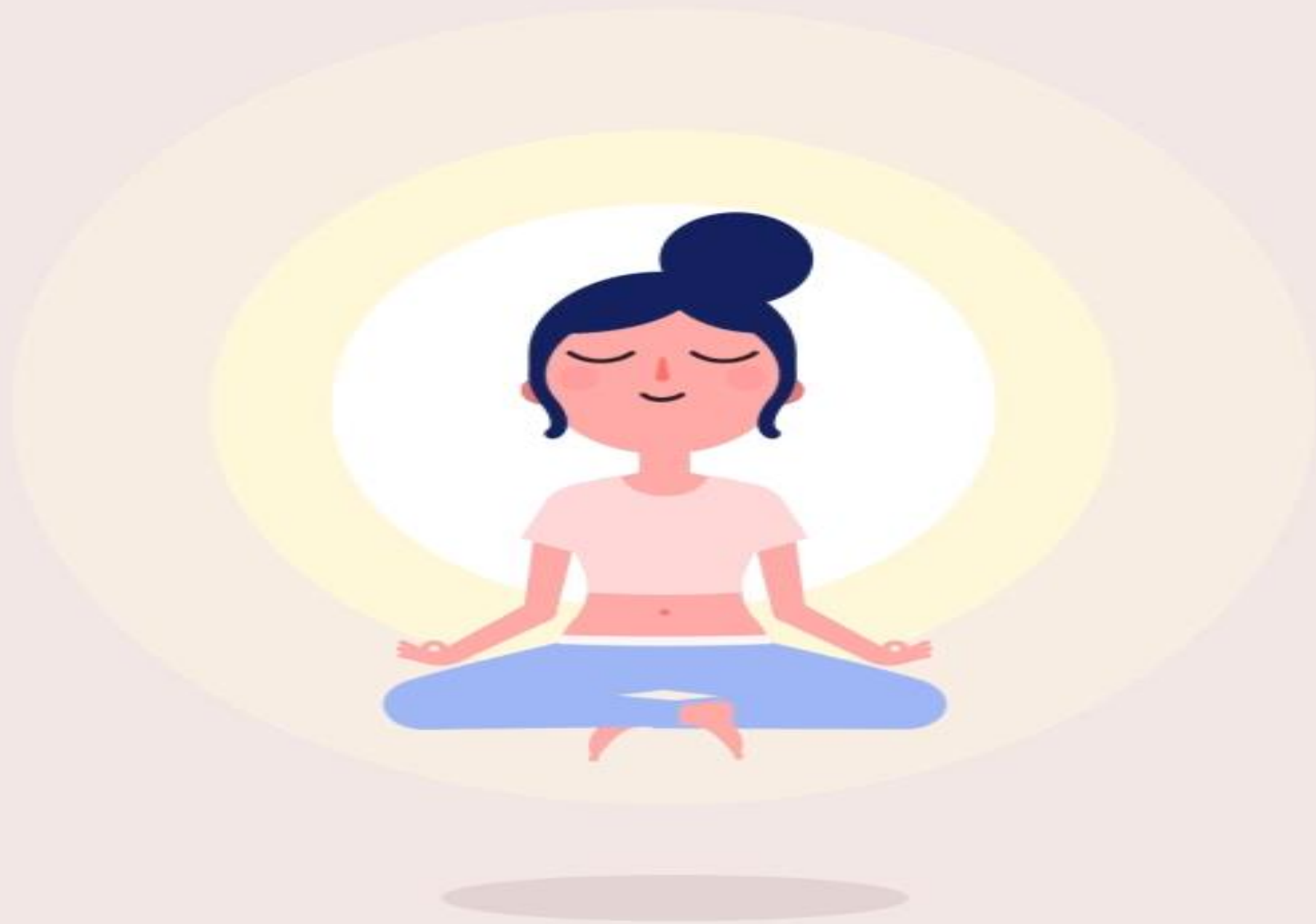
Diastasis of the Recti Muscles



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



NATIONAL MATERNITY HOSPITAL

HEALTHY BODIES AFTER BIRTH CLASS

**PHYSIOTHERAPY
LEAD ONLINE
CLASS**

EVERY FRIDAY
email njordan@nmh.ie to
secure a link

Learn how to recover well
and exercise safely after
having your baby.

Now over to you!

Any questions?



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Nutrition in Pregnancy – what to focus on?



Sinéad Curran,
Dietitian
Email: dietitian@nmh.ie
Tel: 01-6373314

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

We look forward to answering your pregnancy nutrition questions

Email: physio@nmh.ie

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