

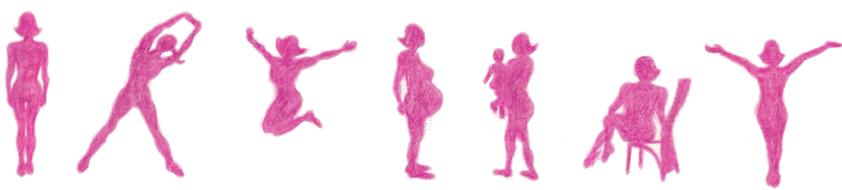
The benefits of kinesitherapy during the period of pregnancy

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INTRODUCTION:

There are many physical changes to a pregnant woman's body: the core changes, there is more pressure on the organs and there is increased weight to be carried. All of this in a short period of time often leads to back pain, pelvic pain and urinary incontinence. Our research shows that group training programs designed and delivered by physiotherapists can relieve the most common problems pregnant women have.



1. Stretches recommended for pregnant women

METHODS USED:

Kinesitherapy - treatment by means of movement and based on exercises and medical gymnastics,

Starting positions for the kinesitherapy most commonly used are: lying, sitting, kneeling, and rarely standing. Sitting position exercises are used to increase the range of spine's motion. Exercises usually last for 15 - 20 minutes and are followed by a 15 - minute relaxation. The exercises include the following scheme: starting position, essential exercise, reversion to the starting position and a short rest.

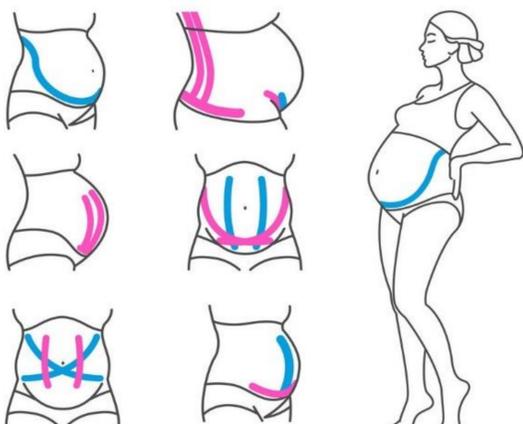
Kinesitaping – using cotton tapes to provide support and stability,

The advantage of kinesitaping is the lack of invasiveness. With proper plaster application there is a possibility, depending on the woman's needs, of increasing or decreasing the tension of abdominal rectus muscle and of external and internal oblique muscles.

Massage – to relieve muscle tension.

During the massage, gentle techniques are applied - stroking, rubbing, gentle pressure, remembering that around lumbosacral area there are situated nerve roots are innervating genital organs.

KINESIO TAPING for PREGNANT WOMEN



2. Kinesitaping

RESULT:

Using their knowledge of the pelvic floor, physiotherapists can help teach women how to push effectively during childbirth. Pushing correctly will reduce the chances of pelvic floor trauma and subsequent problems.

The primary objective of physiotherapy in pregnancy is to prepare the organism for the increased effort and changes in the organism itself. The aim of the exercises is the reduction or elimination of imbalances and motor coordination.



3. Exercises recommended for pregnant women

CONCLUSION:

Methods and exercises for pregnant women should be chosen with great care, to be sure that the fetus will be provided with the maximum space to move and grow freely.

It is worth remembering, that after a cesarean section, there is no need to protect the pelvic floor and perineum, because they were not extended.

Working with pregnant patients is the issue that is still not very popular and often overlooked. There is a need to promote all the available methods that would make this period of the women's life more comfortable and less stressful.



4. Exercises recommended for pregnant women