



Chapter 3

PRINCIPLE OF EXERCISES IN PREGNANCY

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Introduction

It is known that most pregnant women do not exercise during pregnancy, and an appropriate exercise program is recommended for only 20% of pregnant women.

⁽¹⁾ The main reasons for this low rate are interpreted as a lack of information and limited evidence-based data.⁽²⁾ The mother's concerns about fetal well-being and the clinician's inability to inform pregnant women about the benefits of exercise compose the basis of lack of knowledge.

In an epidemiological study performed in Poland, it was shown that 11% of pregnant women limited their physical activities without any medical reasons. The most important reason is the lack of knowledge about how to exercise during pregnancy.⁽³⁾

Why Should We Suggest Exercise In Pregnancy?

Exercise is the easiest way to cope with the changes in pregnancy. Being active improves the quality of life during and after pregnancy.

The American College of Obstetricians and Gynecologists (ACOG) evaluates exercise as minimal risk in pregnant women and recommends exercise during pregnancy and the postpartum period.⁽⁴⁾ The World Health Organization and

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Exercise In Postpartum Period

Before prescribing exercise in the postpartum period, the type of delivery and complications after labor should be evaluated. Exercises should be initiated after healing. Pelvic floor exercises and abdominal strengthening exercises may be preferred. Studies have shown that exercising in the postpartum period did not affect lactation and increased cardiovascular endurance.⁽⁵⁷⁾

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