Scope

This document is written for clients who are pregnant or who have had a baby within the last 3 months.

Contents:

• Safety First

• Warning Signs To Stop Exercise

• Screening/Questionaire

• Your First Class - What To Expect
**Safety First**

- Please ensure your GP/Obstetrician approves of you doing Pilates.
- This isn’t me trying to pass the buck – honest! Although Pilates is safe when the various movement contra-indications are followed, there may be other factors that either your GP / Obstetrician may be aware of.
- Best to have at least checked. Your verbal assurance on this count is fine.

**Warning Signs To Stop Exercise**

- If you experience any of the following, please don’t do Pilates until you have checked with your GP/Obstetrician
  - Vaginal bleeding
  - Amniotic fluid leakage
  - Unusual shortness of breath
  - Dizziness
  - Headaches
  - Chest pain
  - Calf pain / swelling

**Screening/Questionaire**

**Specific Pregnancy Related Questions**

- Which Trimester are you in? 1st, 2nd, 3rd (or “4th” – ie gave birth within the last 3 months)
- Do you have any children? If so, how many and how old are they?
- Have you had any C-sections? If so, when was the most recent one?
- Have you had any miscarriages? If so, when was the most recent one?
- Are you on IVF?
- Have you had any joint injuries/issues in the past (eg knee/hip/elbow/wrist joint issues)

**General Pilates Screening Questions**

Do you have any of the following

- Osteoporosis
- Stenosis
• Spondylolisthesis
• Disc Herniations
• Facet Joint Syndrome
• Hip Joint Replacement
• Hypertension / Glaucoma / Gastric Reflux
• Neurological Conditions (Parkinson’s, Muscular Sclerosis)
• Hernia
• Sciatica
• At risk of Lymphedema

Pregnancy & Pilates – The Fun Stuff!

Your First Class – What To Expect

• If you are in your third Trimester, please bring a towel (so we can use this to slightly elevate your right side when lying down)

• You will find Pilates slow, gentle and controlled. The moves are wonderful for your pregnancy due to the focus on Pelvic Floor and Transverse Abs/Obliques – just the muscle groups that you will really be needing! It is so NOT an ab-crunch class

• There are some certain types of moves that you shouldn’t do and I will let you know on the day. Some of these are obvious, others not so.

• Me man, you lady! I am always acutely aware of the fact that I will never really have the first IDEA of what it is like to be pregnant and if I say anything that is absurd – you tell me! 😊

• JUST ASK! Even if you are the only person in the class who is pregnant, if you want the air con off/on/off/on – no problem, ask. If you need to continually stop for water, toilet – fine by me. If you need help placing a towel/chi-ball/bolster under your back and then removing it/replacing it/removing it – as many times as you want is ok. You are NOT being ‘high maintenance’, you are being SENSIBLE and listening to your body.

• Most of the Pilates moves can be tailored extensively – ie regressed and extended. I can typically give the same move to a class with people of varied abilities. However, there may be a few moves you will have to either ‘sit out’ or I can give an alternative so you don’t feel like you are sitting ‘alone in the naughty corner’.

• Remember, ‘Today You’ is not necessarily the same as ‘Yesterday You’! Don’t stress if you can’t perform a move as well as a previous class. Bottom line – aim not to finish exhausted – this is especially pertinent when you are pregnant!

• I rarely use a stage (even where there is one), preferring instead to be at the same level as my clients. I always aim for a mix of about one third demonstrating and two thirds walking around
observing/correcting while talking you through the moves. I typically play ‘chillout/background’ music VERY quietly and rarely use a microphone.