

Pilates for Pregnancy at Core Kensington, London

Our exercises focus on breathing, pelvic floor training and restoring the natural curvatures of the spine, which are valuable elements for the optimisation of the lumbo-pelvic region, all so important during pregnancy. Pilates for Pregnancy in Kensington & Chelsea can help during this period of your life.

Why Pelvic floor training?

The pelvic floor is important for pelvic organ support and continence. Pregnancy and delivery may lead to stress induced pelvic floor injuries. The challenge is finding efficient and acceptable strategies reducing pelvic floor injury risk. At Pilates for Pregnancy in Kensington & Chelsea we believe that when it comes to prenatal and post natal exercises "One strategy is encouraging women to train their pelvic floor during and after pregnancy (Moosdorff-Steinhauser et al. 2015).

Why exercise?

Many physiological changes happen during pregnancy, such as changes in lungs and respiration, incontinence, hormonal changes influencing joints, balance and postural changes. This may not be a time to increase fitness levels, you may even have to drop a level. This is because during pregnancy the cardiovascular system undergoes higher demands, similar or almost identical to many of the training effects incurred through elite athletic training (increased blood volume, stroke volume, cardiac output and heart rate.

However, Pilates for pregnancy may still be greatly beneficial during and after delivery. Some of these benefits have been identified and include the following: Assists in weight management, assists in regulating fatigue levels, Helps maintain or slightly increase muscle tone, strength and endurance, improves posture, Assists in prevention of low back pain, urinary incontinence, decreases the risk of blood clots, varicose veins, leg cramping and swelling, and may help improve mood, body image, and reduce postpartum depression.

Why Pilates?

Pilates is a low impact, easily modifiable form of exercise that focuses on strengthening the pelvic floor in conjunction with the abdominal muscles required for support during pregnancy. These muscles act as a protective splint for the spine, maintaining a correct pelvic tilt, producing a controlled movement of the trunk, supporting the abdominal viscera, adding propulsive movements (e.i. coughing, vomiting, defecation, and childbirth), supporting the pregnant uterus and expiration (Breathing). Many women who are not used to exercise often find that modified pregnancy Pilates a good place to start or stick to while pregnant. We offer Pilates for Pregnancy Kensington Chelsea.

Why start now?

Pregnancy and delivery are the most prominent risk factors for the onset of pelvic floor injuries and - later-on - urinary incontinence. Supervised pelvic floor muscle training during and after pregnancy is proven effective for the prevention of urinary incontinence on the short term. However, only a minority of women do participate in preventive pelvic floor muscle training programs (Moosdorff-Steinhauser et al. 2015).

Our Pilates method of exercises (STOTT PILATES® method) focus on breathing, pelvic floor training and restoring the natural curvatures of the spine, which are valuable elements for the optimisation of the lumbopelvic region, all so important during pregnancy. This is achieved by using exercises based on a muscle function classification system that provide a framework for programming and using cognitive cues to assess the response of these muscles.

It is essential that exercise instructors, including Pilates instructors, working with pregnant women understand the breath of this special population. They are educators in this area of health-related exercise, and this demands a thorough understanding of the antenatal and postnatal periods of pregnancy (YMCA of the USA, 1995).

Core Kensington offers Pilates for Pregnancy Kensington Chelsea, specialised pre and postnatal personal training year round, and delivers small group classes upon request, and when participants are available.

BOOK Pilates for Pregnancy in Kensington & Chelsea online
or contact us on 02078541934 for an assessment.



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