



PREHAB ACTION PLAN

Prehab – an exercise program guided by a licensed athletic trainer that is tailored towards your changing body during pregnancy.

Care During Each Trimester: Each session will be tailored towards each individual trimester and the changes in the body that come with the growing baby. Workouts are designed in order to be performed easily at home with minimal equipment.

What will each session include?

- 5-10 minute cardiovascular warm up on stationary bike, treadmill or elliptical
- 20 minutes of strengthening exercises to target upper extremities (arms, shoulders, neck and back) lower extremities (legs, hips, pelvis) and core
- 15 minutes of flexibility and soft tissue mobilization directed by licensed athletic trainer

Each session will last 45 minutes and patients are encouraged to wear comfortable clothes to move in, appropriate footwear and bring water with them.

In Office Care

Along with instructing on specific upper body, lower body and core strengthening exercises, the licensed athletic trainer will guide participant through various flexibility and/or soft tissue techniques.

- Proprioceptive neuromuscular facilitation (PNF): a stretching technique used to enhance active and passive range of motion within the body. The licensed athletic trainer will guide the participant through a series of stretches that will require specific contracting and relaxing of muscles.
- Passive stretching: performed solely by the licensed athletic trainer to increase active and passive range of motion throughout the body.
- Graston Technique: an instrument-assisted soft tissue mobilization performed by the licensed athletic trainer to address scar tissue and fascial restrictions within the body.

Home Care

Each patient will be expected to complete their home exercise program (HEP) daily as instructed by licensed athletic trainer. Each patient's HEP will include:

- strengthening exercises specific to each trimester with number of repetitions and sets
- stretches to increase global flexibility
- cardiovascular program tailored to a patient's individual fitness level
- ergonomic modifications for sleeping, working and driving
- instructions on how to manage sore muscles