

Appendix 1

EXERCISE/ AIMS	1ST TRIMESTER	2ND TRIMESTER	3RD TRIMESTER
Small pelvic tilt Mobilises sacrum Engages PF/ TA Awareness pelvis positions Head/scapula stabilization	Semi supine Pending normal blood pressure.	In standing with without wall support In 4 point kneeling Pezzi ball/ sitting	As 2nd
Large pelvic tilt Aims as above + Spinal articulation Strengthen gluts/ hamstrings	Semi supine n.b pending normal blood pressure and previous experience	Standing with pezzi ball support	Standing with pezzi ball support
Small hip roll Engage abs/obliques	Semi supine	contraindicated	contraindicated
Large hip roll	Semi supine- beginners adaptation only	contraindicated	contraindicated
Single leg lift Provides alignment/scapular stability. Abs/obliques/multifidus Abductors	Leg lengthening Single leg lift n.b can bend underneath leg	As 1 st Mother must be comfortable with cushions for support	As 1 st and 2nd
Double leg lift	Pending previous experience	contraindicated	contraindicated
Cat Encourages OFP Pelvic/shoulder stability,spinal articulation, ab work.	Normal cat Figure 8 cat/ Pelvic clock cat Threading needle cat	As 1 st NO ABS CUE	As 1 st NO ABS CUE

EXERCISE - AIMS	1 ST TRIMESTER	2 ND TRIMESTER	3 RD TRIMESTER
<p>Hot plate Works abs Lengthens spine and extension of thoracic spine. Scapula stability Promotes alignment Use of breath</p>	<p>Beginners Forehead on back of hand, small head float</p>	<p>Beginners pending growth of baby and comfort of mother. Contraindicated post 16 weeks in prone. Adapt beginners in standing, forearms against wall.</p>	<p>Contraindicated</p> <p>Adapt beginners in standing, forearms against wall.</p>
<p>Cobra Scapula /neck/ lumbar stabilization. Works abs/ traps Use of breath</p>	<p>Beginners cobra only, low head float, hand level with ears.</p>	<p>Beginners pending growth of baby and comfort of mother. Contraindicated post 16 weeks in prone. Adaptation of beginners in standing, forearms against wall.</p>	<p>Contraindicated</p> <p>Adapt beginners in standing, forearms against wall.</p>
<p>Swimming Co ordination and stabilization. Spinal extension Works abs Use of breath</p> <p>Ab prep Works pelvic floor,TA, rectus abdominus Pelvic scapula stability Use of breath Develop awareness of state of contraction and release in these muscles</p>	<p>Beginners only Unilateral arm or leg</p> <p>Ab prep 1 only</p>	<p>Contraindicated</p> <p>contraindicated</p>	<p>contraindicated</p> <p>contraindicated</p>

The Arm Series – aims and objectives

Scapula and cervical stability and strength

Mobilizes the shoulder girdle

Pelvic stability –activates pelvic floor and TA

Works shoulder rotators

Introduces circumduction – windmill/ arm circles

Upper body and spinal alignment

EXERCISE	1ST TRIMESTER	2ND TRIMESTER	3RD TRIMESTER
Arm circles Scissor arms Cheerleader arms Windmill arms	Semi supine if no BP issues	Standing/ sitting	Standing/ sitting
Dumb waiter Standing / sitting chair or ball All trimesters	Palm up/ down Unilateral/ bilateral up and down With out and in arms With theraband	As 1st	As 1st
Cossack Kneeling/ standing Sitting – all trimesters	Normal rotation Head and eyes in opposition	As 1 st keep range small	As 1 st and 2nd
Prayer press Sitting/ standing- all trimesters	Normal With ball Flower openings With ball and flower openings	As 1 st N.B dependent on SIJ and symphysis pubis	As 1 st and 2nd
Elbow floats	In standing against the wall-	As 1st	As 1st

Press up	Press up – standing against the wall	As 1st	As 1st
Spiders	Standing against the wall	As1st	As 1st
Threading the needle	Standing against the wall	As 1st	As 1st

Multifidus series Works multifidus, to strengthen/ stabilize spine. Proprioception Balance	In standing or sitting	As 1st	As 1st
Multifidus rock	Basic rock Spotty puppy (with arm raises to shoulder height) Spotty dog (with arm raises to ceiling)		
Small pelvic tilt on ball	Appropriate for all trimesters		
Arm raises on ball or chair	Appropriate for all trimesters		

RELEASE WORK	1 ST TRIMESTER	2 ND TRIMESTER	3 RD TRIMESTER
<p><u>Semi supine</u> Arm drops/ stirs Hip stirs Head turns Ball between scapula and spine or on trapezius Ball under buttocks</p>	<p>all ok semi supine</p>	<p>Pending growth of baby and comfort of mother. Contraindicated post 16 weeks in semi supine</p>	<p>semi supine contraindicated</p>
<p><u>Standing / sitting</u> Rolling ball under feet. Ankle circles/ flex and point, heel raises.</p>	<p>Suitable all trimesters</p>	<p>Adaptions in standing against wall ball between scapular and spine/ traps. Head turns in standing or sitting. Shoulder rolls/ shrugs in standing or sitting.</p>	<p>Adaptations in standing against wall ball between scapular and spine/ traps. Head turns in standing or sitting. Shoulder rolls/ shrugs in standing or sitting.</p>
<p><u>Pelvic floor exercises</u> To educate the mother re the role and function of PF during pregnancy and birth. Develop awareness of state of muscle contraction/ relax. Maintain/ develop muscle tone during pregnancy without hypertonicity. To grade PFE to mothers level and previous history.</p>	<p>Power Endurance Reps Fast twitch Every Contraction Timed All positions</p>	<p>Semi supine PFE up to 16 weeks only, within comfort of mother/ size of baby. Sitting 4 point kneeling standing</p>	<p>Semi supine contraindicated Sitting 4 point kneeling standing</p>