



Antenatal exercises 產前運動(英文)

Leg exercise

- Method: Supporting the back of the chair with your hands, left leg stands still, and right leg lifted and rowed and enclosed, row 10 times and finish, switch legs and repeat the motion.
- Purpose: help to strengthen the muscle near the pelvis, increase the elasticity of the muscle of perineum department for delivery.
- Timing: during early pregnancy, work on this 5~6 times in the morning and daily in the evening.

Sitting down with legs crossed

- Method: sit flat on the bed, one leg crossing over the other, 2 knees far separated, gently press the 2 knees downward.
- Purpose: help to stretch groin muscles and joint elasticity, in a way to prevent spasms from enlarged uterus in the late pregnancy.
- Timing: begin 3 months after the pregnancy once a day, and gradually increase from 5 minutes to 30 minutes each time.

Waist exercise

- Method: breath slowly with hands placed on the back of the chair; at the same time, the arm makes the centre of the body weight concentrate on the back of the chair, tiptoe and elevate the heels with waist upright and lower your abdomen close to the chair back, slowly exhale, then relax and lower the heels.
- Purpose: to reduce waist ache, to strengthen the elasticity of abdomen and perineum muscles for fetal expulsion smoothly at the time of the delivery.
- Time: begin 6 months after the pregnancy, evenly work on it 5~6 times in the morning and the evening.

Pelvic and back swing exercise

- Method: Lie flat and supine with both legs crooked. Both feet are relaxed on the floor. Utilize strength from your feet and shoulder to raise the buttock up and down repeatedly.
- Purpose: to reduce waist and back pain during pregnancy and delivery.
- Time: begin 6 months after pregnancy, 3 times a day, 5 repeats each time.

Leg elevation exercise

- Method: Lie flat and elevate both legs against the wall, try one's best to make both legs and waist vertical on the wall.
- Purpose: to spread the muscle tension of the spine and buttock, to promote the blood circulation of lower limbs.
- Time: Anytime during pregnancy, 3~5minutes each time, several times a day.

若有任何疑問，請不吝與我們聯絡
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