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| ***N* orthpointe*****Obstetrics & Gynecology, P.C.****Competent, compassionate health care for women.* | *Karen L. Niver, M.D., Jon P. Lensmeyer, M.D., Amanda Hurtubise, M.D. , Stacey S. Tremp, DO Jenny Giles, PA-C**1206 Washington Avenue**Port Huron, MI 48060**(810)984-3100* |

***EXERCISE AND PREGNANCY***

***GUIDELINES AND RECOMMENDATIONS***

Although women may benefit both psychologically and physically by light to moderate exercise, there are few known fetal benefits. In addition, some degree of fetal risk may be associated.

**Absolute contraindications to exercise in pregnancy include:**

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| 1. active heart disease
 | • severe Rh disease |
| 1. congestive heart failure
 | • severe hypertensive disease |
| 1. rheumatic heart disease
 | • no prenatal care |
| 1. thrombophlebitis
 | • suspected fetal distress |
| 1. recent blood clot in the lung
 | • acute infectious disease |
| 1. uterine bleeding
 | • premature labor risk |
| 1. ruptured membranes
 | • incompetent cervix |
| 1. abnormal fetal growth
 | • multiple gestation |

**Conditions that may warrant no exercise in pregnancy include:**

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| 1. essential hypertension
 | • breech presentation in last trimester |
| 1. anemia or other blood disorders
 | • excessive obesity |
| 1. diabetes mellitus
 | • extreme underweight |
| 1. history of sedentary life-style
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Under unsupervised conditions:

1. reduce intensity of exercise by 25 percent
2. maximal maternal heart rate should not exceed 140 beats per minute
3. maximal maternal temperature should not exceed 38° C.
4. limit periods of strenuous activity to 15-20 minutes, interspersed with low intensity/rest periods
5. no exercise lying flat on your back after the 4th month of pregnancy

Potentially dangerous sports include:

1. weight lifting, SCUBA diving, contact sports, downhill skiing, skating, water-skiing, volleyball, gymnastics, horseback riding

Less threatening sports include:

1. golf, slow pitch softball, yoga, cross country skiing, swimming, water calisthenics, walking, stationary cycling, low impact aerobics, dance

Signs and symptoms that should **signal the patient to STOP EXERCISING** and contact her physician immediately include:

1. pain, bleeding, dizziness, shortness of breath, palpitations, faintness, back pain, pubic pain, difficulty walking or decrease in fetal movement revised 8/20