Contents

CHAPTER 1: Maternal Anatomy and Physiology 1

- Female bony pelvis *1*
- Blood supply of the pelvic organs *3*
- Lymphatic drainage of the pelvis *6*
- Nerve supply of the pelvis *6*
- Changes in mammary glands during pregnancy *7*
- Hormonal control of ovulation *8*
- Female reproductive cycle *8*
- Anatomical and physiological changes during pregnancy *11*
- Pelvic floor muscles *17*

CHAPTER 2: Maternal Biomechanics 22

- Center of gravity *22*
- Changes in spine and pelvis *23*
- Posture *25*
- Gait *25*

CHAPTER 3: Approach to the Patient 28

- Diagnosis of pregnancy *28*
- Antenatal assessment *29*
- Postnatal assessment *38*

CHAPTER 4: Antenatal Physiotherapy 42

- Guidelines for exercise during pregnancy in healthy women *43*
- Contraindications to exercise during pregnancy *44*
- Benefits of exercise during pregnancy *45*
- Routine antenatal care *45*
- Exercise prescription *48*
- Antenatal physiotherapy for first trimester of pregnancy *48*
- Antenatal physiotherapy for second trimester of pregnancy *54*
- Antenatal physiotherapy for third trimester of pregnancy *61*
- Guidelines for managing the pregnant women *62*
- Sacroiliac joint pain/posterior pelvis pain/pelvic girdle pain *64*
- Effect of supine lying during pregnancy *65*

CHAPTER 5: Physiotherapy during Labor 69

- Stages of labor *69*
- Comfort measures to manage pain and suffering in labor *72*

CHAPTER 6: Postnatal Physiotherapy 84
- The effect of exercise on recovery from labor and delivery *85*
- Physiotherapy management guidelines *85*
- Ergonomic principles *86*
- Postural exercises *87*
- Immediate postnatal problems *88*
- Long-term postnatal problems *98*
- Abdominal muscle exercises *99*
- Training of pelvic movements *100*
- Pelvic floor awareness, training and strengthening *100*
- Warning signs to slow down *102*
- Advice on activities related to baby *102*
- General postnatal physiotherapy management protocol *103*

CHAPTER 7: Physiotherapy after Cesarean Section..... 108
- Indications of cesarean section *108*
- Postoperative physiotherapy management *109*
- Body mechanics *113*

CHAPTER 8: Painless Labor 115
- Epidural anesthesia *115*

CHAPTER 9: Common Medical Problems in Pregnancy..... 117
- Iron deficiency anemia *117*
- Pregnancy-induced hypertension or pre-eclampsia *118*
- Eclampsia *119*
- Polyhydramnios *119*
- Premature rupture of membrane *120*
- Intrauterine fetal death *120*
- Gestational diabetes mellitus (GDM) *120*
- Physiotherapy management *122*

Chapter 10: Water Birth 125
- Benefits of water birth *125*
- Risks of water birth *126*
- Contraindications for water birth *126*

Glossary.....*127*

Index *131*