


Mummilates (workshop dates 14th April)

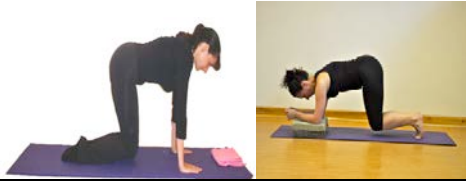






Presented by Cherry Baker

- PGP / SPD = Pelvic Girdle Pain – Symphysis pubis dysfunction
- CTS = Carpal Tunnel Syndrome
- SHS = Supine Hypotensive Syndrome
- ROM = Range of Movement

This handout is for those who attended the IFS sessions on Pilates and Pregnancy. Please see the details on training available at the end of this handout. Thank you, x, *Pregnancy alternatives are given in red. These alternatives are based on clients in the third trimester of pregnancy.*

Exercise	Pregnancy Considerations
Posture check Bleps (base line essential principles).	Slight posterior tilt if large lordosis is evident
Posterior and anterior tilts	Posterior tilt only
Tandem Stance	Staggered Tandem
Spine twist bow and arrow arms	Reduce rotation keep head forwards
Monkey squat arm float and arm extension	Reduce ROM arms shoulder height only
Alternating Lunge	Split lunge reduce ROM or squat
Side Bend Arms behind head	Side bend reduced ROM arms down
Kneeling Hip flexor stretch	Use support ball or chair Move gently into and out of the stretch avoid holding and developing the stretch Avoid if increases PGP
All fours opp arm to leg into diagonal Opp arm to leg lift supporting foot	Opp arm to leg only avoid diagonal and lifting supporting foot On elbows with CTS 
Breast stroke prep Kneeling breast stroke	Kneeling shoulder squeeze
Kneeling leg pull Full leg pull	Kneeling leg pulls Observe lower back and ensure held no longer

	<p>than 5 seconds in 3rd trimester</p> 
Side lying open door	<p>Reduce ROM rib and hand move as one just passed ceiling level. Pillow under waist 3rd trimester and between knees</p> 
Side leg series 1 and two	<p>Stay with side leg 1 only</p> 
Semi mermaid	<p>Tighten core and legs heel lift avoid movement in spine third trimester May need small pillow between knees</p> 
Hip Roll	<p>Omit supine lying after 20 + weeks occasionally <i>sooner</i> <i>Replace with</i> modified Side open door. Kneeling or seated spine twist with reduced ROM</p>
Cat Stretch flexion and extension lumbar spine only	<p>Cat stretch lumbar flexion to neutral only</p>
Side Bend side lying	<p>Avoid dropping the waist excessively between each repetition – lift and hold 5 second lower and repeat</p> 
Roll up prep	<p>Kneeling arm floats with posterior tilts Or supine arm pullovers – with V PILLOWS as shown in the class head heart lifted only 3 mins at a time etc</p>
Kneeling hip flexor stretch	<p>Take care with PGP see above Use support</p>
Hamstring stretches	<p>Standing or seated on ball</p>

All fours rockinmg and adductor release	Use of band Take care with PGP see above Use support for elbows if suffering with CTS
Bring up in to standing	PGP feet together curl up support spine on knees. Use chair and teach backward chaining if PGP

Trained Academy and Cherry Baker offer Active IQ level Three Pre and Postnatal Courses CPD points

Two-day course / theory is for all exercise teachers.

[Pre/Post Natal Course Dates](#)

16th & 17th June 2018

Cost: £325.00 Installments (3 x £120)

This course is essential for any teacher wishing to specialise in pre and postnatal exercise and can use this in their marketing and promotions.

This will allow you to get insurance for teaching this specialist population.

The Pilates Studio Glossop Derbyshire SK13 7AJ

(35 mins from Manchester, Stockport and Sheffield)

5 mins from Glossop Train station

5 mins from Travel Lodge and Local B and B's

Book Your Place go to Trained Academy additional fitness qualifications and scroll down to find pre and postnatal qualification

Mummilates, practical solutions for pre/post-natal clients

Glossop: 14th April



- Do you get pregnant or postnatal clients in your classes?
- Would you like to feel confident in teaching them?
- Would you like to know how to deal with them in a mainstream Pilates class?

- What exercises can pregnant women do, or not do, and how can you adapt your normal class to suit this specialist population?

Are you a pre and postnatal qualified teacher and would like an update? Would you like more business advice and marketing ideas that work?

Please note: If you teach a specific pre or postnatal class exclusively for pregnant clients then you do need to have the national standard qualification, see information above.

However, if you just want to know how to look after a client who becomes pregnant and wishes to carry on in your Pilates classes then this one-day workshop is all you need and is available for all fitness disciplines. Lesson plans will be provided.

This workshop is also recommended to all Pilates teachers who do the full two-day qualification as the qualification does not allow for practical application. Cost of Mummilates is £100.