

Pregnancy and Exercise

Contrary to what many patients may think, exercise is not contraindicated for healthy pregnant women. The following are important facts regarding pregnancy and physical activity (including outpatient therapy):

- Participation in physical activity including physical therapy regimens during all phases of pregnancy may reduce the risk of gestational diabetes and pre-eclampsia
- A consistent exercise program during pregnancy may help prevent excess maternal weight gain (a common estimated pregnancy weight gain is 30 lbs)
- Recent guidelines of the American College of Obstetricians and Gynecologists state that pregnant women adopt same guidelines for non-pregnant women (i.e. 30 minutes or more of moderate-intensity activity per day 3-4 days a week).
- Women's pattern of activity during pregnancy is less intense and less frequent
- Pregnant women's participation in household, child care, and occupational activities engage in more energy expenditure than recreational and sports activities
- Stress and anxiety in pregnant women is leading cause of premature birth and low birth weights in baby
- Physical activity such as yoga and moderate or supervised activity including outpatient therapy regimens decrease the chances for premature birth and low birth weights
- A poor diet with inadequate nutrition increases the risk for premature delivery by 30% (Pregnancy requires an additional 300kcal/day)
- Women should avoid exercise in the supine position after the first trimester
- Prolonged periods of motionless standing should be avoided during outpatient therapy or while exercising at home or in the gym
- Pregnant women should avoid exercising to exhaustion
- Since many physiological changes of pregnancy persist for 6 weeks postpartum, pre-pregnancy exercise or therapy regimens should be resumed gradually.

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Mr. Keller:

As part of our medical corporations pledge to provide more community outreach and health education and awareness, we are offering health updates that we feel are pertinent to various sub-populations in the Chicago area. Our clinic subscribes to your magazine, and after our staff has read the magazine, we felt that our unique clinic environment fuses well with the style of your magazine. Advanced Physicians on Elston and Fullerton here in Chicago is not your typical medical clinic. All of our staff are young professionals, including our medical director, David Rosania, M.D, a physical medicine and rehabilitation physician, who we recruited from Stanford Hospital two years ago. We play hip music and take requests from our patients who undergo outpatient rehab in the same location. Patients engage in open dialogue with chiropractors, physical therapists, and the medical physician himself; as there are no back rooms and our staff make themselves very approachable.

Enclosed is a fact sheet on this month's topic of discussion: **Pregnancy and Exercise**. Our physician would be happy to generate an article for your readers with the information provided or answer questions via phone if you would prefer. He is also available for the "5 Minutes with" section if you will be interested.

We look forward to hearing from you so we can continue to share our unique concept of real medicine without the usual stuffy ambience you would come to expect from a medical clinic in Chicago.

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Medicine and Physical Therapy