



EXERCISE FOR ANTENATAL AND POSTNATAL HEALTH AND WELLBEING



A. J. Hospital & Research Centre



 Kuntikana, Mangaluru - 575 004.  +91 824 661 3252, 222 5533

 mailbox@ajhospital.in  www.ajhospital.in

H E A L T H - H O P E - H A P P I N E S S



PRENATAL EXERCISES

Regular exercise during pregnancy can improve health, reduce the risk of excess weight gain and back pain, and it may make delivery easier.

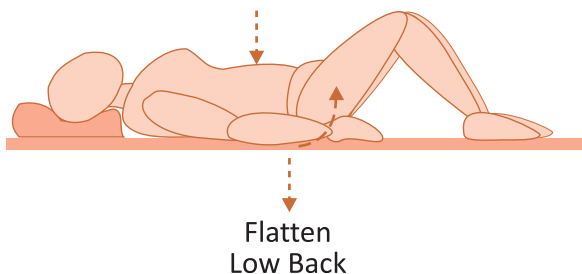
BREATHING EXERCISE

Sit in a comfortable position, Inhale and exhale deeply. Focus on the pattern of breathing.



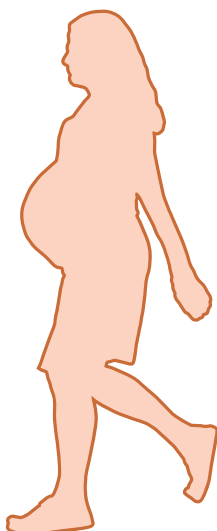
PELVIC TILT

Lie down on your back, push Your hip down to flatten your Back hold for 2 secs. Repeat for 10 times.



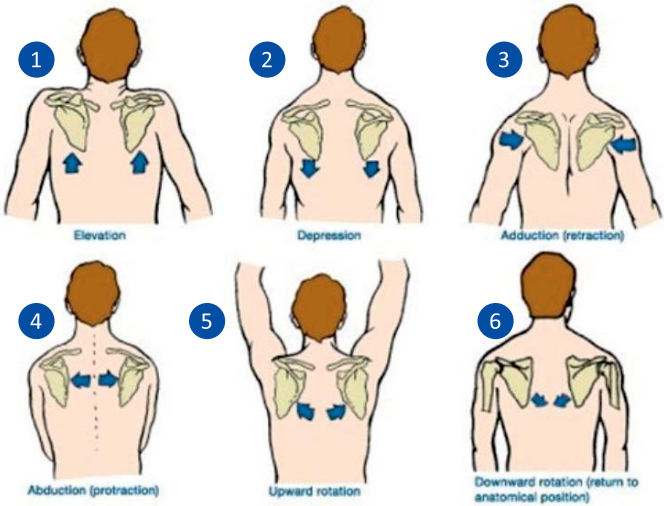
WALKING

Walk for 30 mins
in your own speed
Give break after 15 mins.



SHOULDER MOVEMENTS

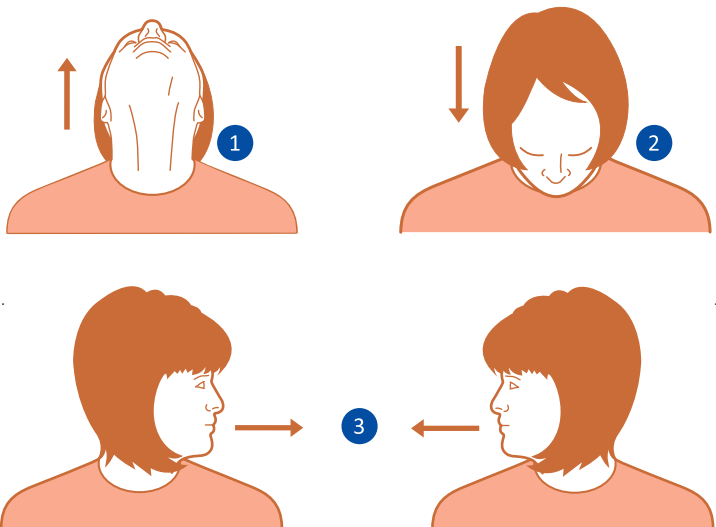
1. Moving your shoulder up.
2. Moving your shoulder down.
3. Protract the shoulder.
4. Retract the shoulder.
5. Shoulder elevation.
6. Shoulder depression.



NECK ROTATIONS

1. Turn your neck upwards.
2. Turn your neck downwards.
3. Turn your neck side to sides.
4. Neck stretches on each side.

Repeat 10 times each.





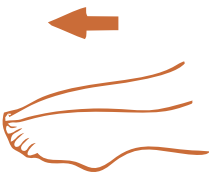
4



ANKLE TOE MOVEMENTS

1. Move your ankle down.
2. Move your ankle upwards.
3. Rotate your ankle
Clockwise and anti-clockwise.

Repeat 10 times each.



WHEN TO STOP EXERCISE

- Vaginal bleeding
- Painful abdominal contractions
- Amniotic fluid leak
- Breathlessness
- Headache
- Chest pain
- Muscle weakness
- Calf pain
- Dizziness
- Pregnancy induced bp
- Previous miscarriage
- Placenta previa
- History of preterm labor.

POST-NATAL EXERCISE

NORMAL DELIVERY

- Deep breathing exercise
- Knee rolling
- Bridging
- Kegels exercise
- Walking
- Ankle toe movements
- Back ergonomics during feeding

LSCS

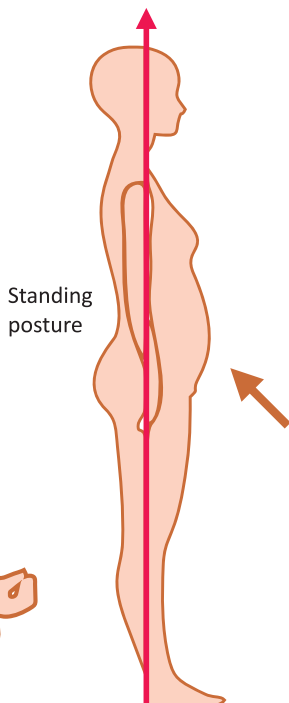
- Deep breathing
- Coughing/huffing
- Bed mobility
- Assisted walking
- Bridging
- Kegels exercise
- Ankle toe movements
- Back ergonomics during feeding.

BACK ERGONOMICS

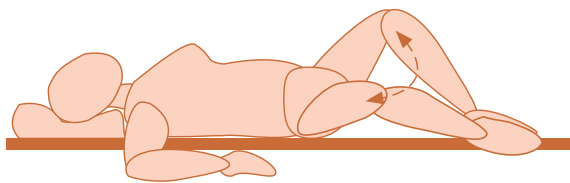
- Standing posture
- Back position
- Getting out of bed
- Breast feeding



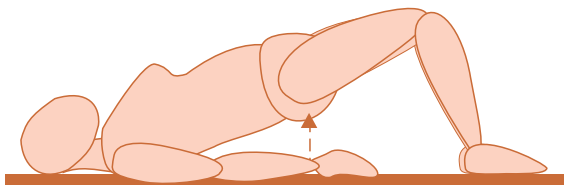
Deep breathing exercise



Standing posture



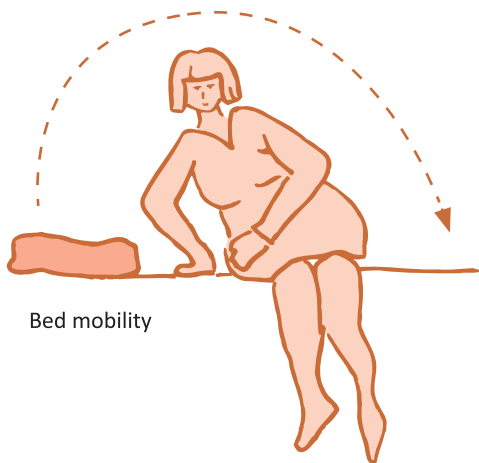
Knee rolling



Bridging

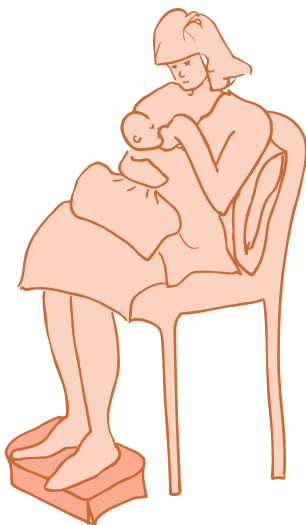


Ankle toe movement



Bed mobility

Breast Feeding



DEPARTMENTS & FACILITIES

SUPER SPECIALITIES

Cardiology
Cardiothoracic Surgery
Endocrinology
Emergency Medicine
Gastroenterology
Interventional Radiology
Medical Oncology
Nephrology
Neurology
Neuro Surgery
Nuclear Medicine
Paediatric Cardiology
Paediatric Cardiac Surgery
Paediatric Surgery
Pain & Palliative Medicine
Plastic & Microvascular Surgery
Radiation Oncology
Surgical Gastroenterology
Surgical Oncology
Urology, Andrology &
Transplant Surgery

SPECIALITIES

Anaesthesiology
Dentistry
Dermatology
ENT
General Medicine
General Surgery
OBG
Ophthalmology
Orthopaedics
Paediatrics
Physiotherapy
Psychiatry
Pulmonary Medicine
Radio Diagnosis

SUPPORT DEPARTMENTS

Ambulance
Cafeteria & Dietary
Casualty
Component Blood Bank
Computerised X-Ray
Corporate Desk
Daycare
Health Check-up Lounge
Laboratory
Laminar Flow OT
Pharmacy

SPECIAL EQUIPMENTS

Automated Digital X-Ray
CT Scan 128 Slice Dual Source
Cathlab
Computer Navigated System
DEXA Scan
Dialysis Unit
EEG & ENMG
Echocardiogram
Gamma Camera
HDR Brachitheryapy
Holmium Laser
Leneax Accelerator
Lithotripsy
MRI 1.5 Tesla
Mammography
PET-CT
Spirometry
TMT
Ultrasound, 4D, TV, TR
Urodynamic Lab
Video-Endoscopy

INTENSIVE CARE UNITS

Burns ICU
Cardiac ICU
Cardiothoracic ICU
Medical ICU
Neonatal ICU
Neuro ICU
Paediatric ICU
Respiratory ICU
Surgical ICU

SPECIALITY CLINICS

Breast Health Clinic
Back Pain Clinic
Catheter Clinic
Diabetic Foot Clinic
Infertility Clinic
Joint Replacement & Arthroscopy
Obesity Clinic
Stroke Clinic



Call: 0824 - 222 5555
for 24x7 EMERGENCY SERVICES



A. J. Hospital & Research Centre

📍 Kuntikana, Mangaluru - 575 004. 📞 +91 824 661 3252, 222 5533

✉️ mailbox@ajhospital.in 🌐 www.ajhospital.in



H E A L T H - H O P E - H A P P I N E S S