

In-home Pregnancy and Postpartum Kinesiology

What is Kinesiology?

From the British Columbia Association of Kinesiologists:

The profession of Kinesiology has its origins in the science of human movement. Kinesiologists apply the latest evidence-based scientific research to help improve your health and wellness. Study areas include injury assessment and rehabilitation, exercise therapy, disability management, workplace ergonomics, performance coaching and more.

Guidelines around Exercise and Pregnancy

During Pregnancy

The American College of Obstetricians and Gynecologists recommends 150 minutes of moderate intensity exercise per week at 60-80% of age-predicted max heart rate.

Benefits:

- Reduces musculoskeletal pain and injury potential
- May shorten labour duration and reduce risk of c-section
- Pelvic floor muscles training can protect against urinary incontinence
- Reduced rates of gestational diabetes and high blood pressure

Postpartum

Can start purposeful gentle movements 2-6 weeks after delivery.

Benefits:

- support return to daily activities, exercise, and sports
- facilitate healing and strengthening of the pelvic floor and abdominal wall
- improves psychological well-being

Postpartum & Pregnancy Kinesiology Services

What is offered?

- **One-on-One Kinesiology Sessions:** Experience personalized sessions in the comfort and privacy of your own home.
- **Customized Exercise Prescription:** Receive a tailored fitness plan to help you maintain strength, mobility, and activity levels throughout pregnancy and your postpartum recovery journey.
- **Targeted Exercise Therapy:** Address chronic pain, postural changes, and muscle imbalances that may arise from pregnancy or early parenthood, with evidence-based strategies.
- **Pelvic Floor & Abdominal Wall Support:** Work through pressure management issues, focusing on relieving stress on the pelvic floor and abdominal wall through specific, controlled movements.
- **Accelerated Recovery:** Get back to your favorite activities quicker with a focused approach to rehabilitation and recovery.
- **Overcoming Exercise Hesitancy:** Overcome barriers and concerns with guided, personalized movement plans, designed for those who may feel uncertain or anxious about returning to exercise.

