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Structured Antenatal exercise protocol for 3rd trimester pregnancy V.1

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We use this protocol and it's working

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Abstract

Regular physical activity during pregnancy can enhance maternal well-being and support optimal birth outcomes. However, many women reduce activity in the third trimester due to discomfort and concerns, potentially affecting labor progress and delivery outcomes. Structured antenatal exercise protocol may improve overall maternal fitness, reduce prolonged labor, lower rates of operative delivery, and improve neonatal well-being. This study aims to evaluate the effectiveness of a structured antenatal exercise program in the third trimester on maternal labor characteristics and neonatal birth outcomes in uncomplicated pregnancies. This study will generate essential evidence on the effectiveness of a structured third-trimester antenatal exercise protocol in optimizing labor processes and birth outcomes in uncomplicated pregnancies. The findings will contribute to refining maternal healthcare guidelines, promoting safe exercise practices, and supporting integrative strategies in obstetric care.

Attachments

PDF

Protocol Summary.pdf

639KB

Guidelines

CONSORT

Intervention

1 **Experimental Group:** Structured Antenatal Exercise + Routine Antenatal Care

Structured Antenatal Exercise:

Warm-up:

- **Frequency:** Before every session
- **Intensity:** Low, comfortable pace
- **Time:** 5 minutes
- **Type:**
  - Slow side stepping
  - Shoulder rolls
  - Arm circles
  - Ankle circles

First 2 weeks:

- **Frequency:** 5 days/week
- **Intensity:** Moderate (perceived exertion: able to talk comfortably)
- **Time:** 30 minutes per session
- **Type:**
  - **Aerobic:**
    - Walking
    - Stair climbing
  - **Stretching:**
    - Hip flexor stretch
    - Ankle-to-knee stretch
    - Calf stretch
    - Butterfly stretch
    - Seated saddle stretch
  - **Pelvic Floor:**
    - Kegel exercise
    - Pelvic floor relaxation exercise

From 3rd week until labor

- **Frequency:** 5 days/week
- **Intensity:** Moderate (progress as tolerated, avoiding fatigue)
- **Time:** 30 minutes per session

- **Type:** Continue **Aerobic, Stretching, and Pelvic Floor** exercises +
  o Add Strengthening:
  - Bodyweight squats
  - Lunges
  - Leg raises
  - Pelvic tilts

Cool-down

- **Frequency:** After every session
- **Intensity:** Relaxed, slow breathing
- **Time:** 5 minutes
- **Type:**
  - Diaphragmatic breathing
  - Relaxation exercise

Control Group: Routine Antenatal Care only without antenatal exercise

Protocol references

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