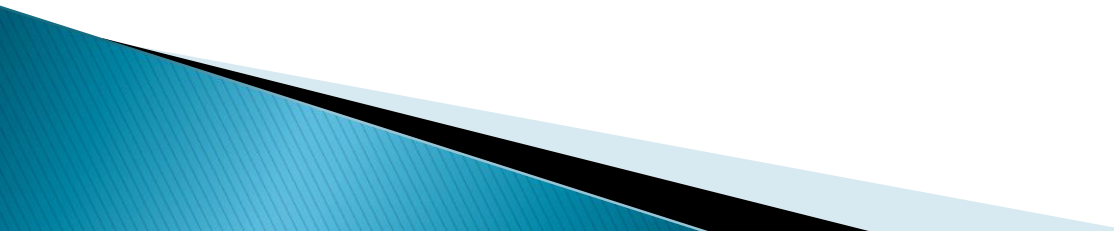


Antenatal Visit and Antenatal Exercise

Antenatal visit

- ▶ Generally, Checkup is done at interval of 4 weeks at interval of 2 week up 36 week, thereafter weekly till delivery.
 - ▶ This should be more flexible depending on the need and the convenience of patient.
- 

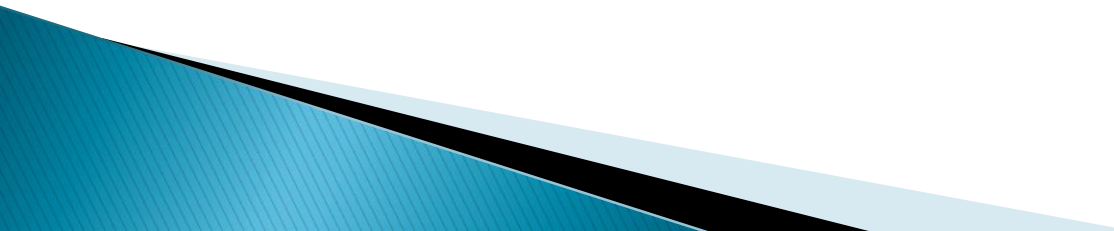
Objectives

- ▶ To assess fetal well being
- ▶ To know the lie, presentation, position and number of fetuses
- ▶ To detect the diseases anemia, pre-eclampsia

Amniotic fluid volume and fetal growth.

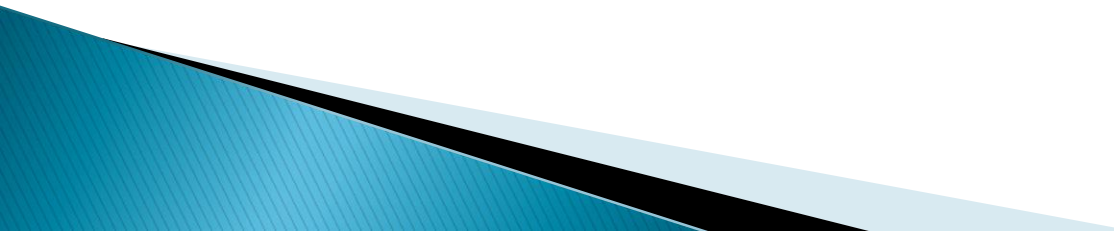
- ▶ To organize specialist antenatal clinics for patient with problems like cardiac diseases and diabetes
- ▶ To select the time for ultrasonography and other investigations.

Antenatal visit

- ▶ In other developing country as per WHO recommendation of visit as
 - ▶ At least 4 visits:
 - ▶ 1st visit in second trimester around 16 weeks
 - ▶ 2nd between 24-28 weeks
 - ▶ 3rd visit at 32 weeks
 - ▶ 4th visit at 36 weeks
- 

Antenatal Exercise

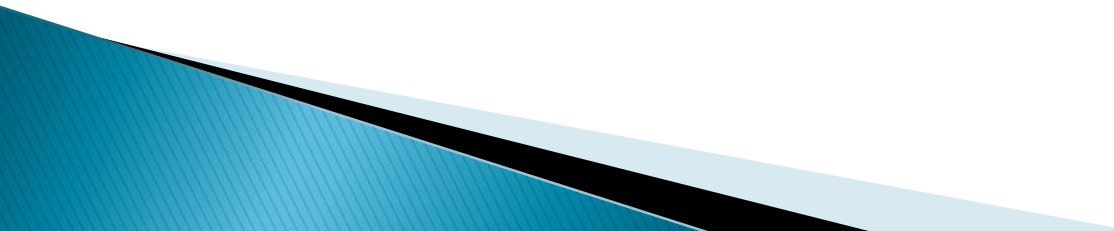
Importance:

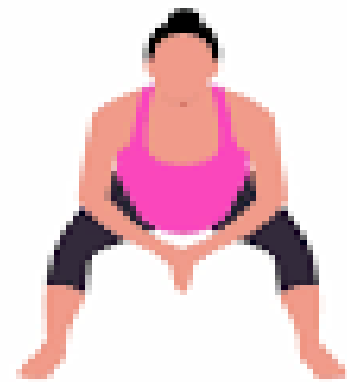
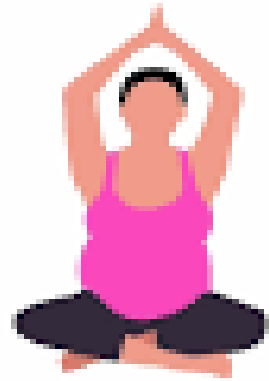
- ▶ To feel energetics
 - ▶ To reduces the constipation and hemorrhoids and other complications.
 - ▶ Strengthening the pelvic muscles.
- 

Guidelines

- ▶ Regular exercise at least 3 times per week and should be done on wood or tight carpeted floor.
- ▶ Deep flexion is avoided.
- ▶ Vigorous exercise should be preceded by 5 min of muscle warm up.
- ▶ Vigorous exercise should be followed with the gradually declining activities.
- ▶ Heart rate should be measured at a time and should be taken liquid to prevent the infection.

Continue...

- ▶ Heart rate should be measure at a time and should be take liquid to prevent the infection.
 - ▶ Activity should be stopped if any unusual symptoms appear.
 - ▶ Maternal heart rate should not exceed 140b/min.
 - ▶ Strenous activities should not exceed 15 min.
 - ▶ No exercise should be performed in supine after 4th month of gestation.
- 





EASY POSE



YOGA SQUAT

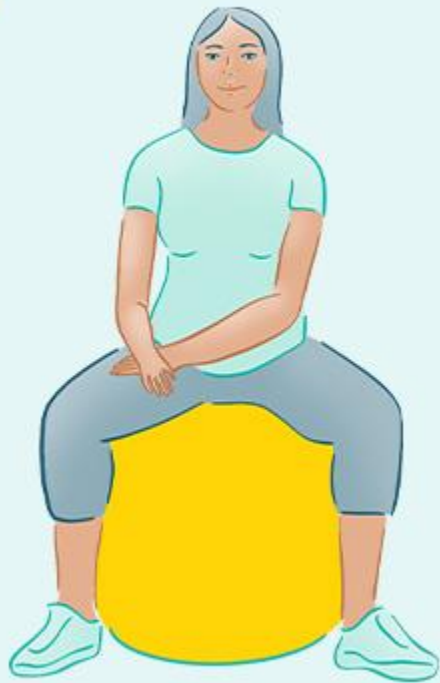


COW POSE



CAT POSE





Continue...

- ▶ Calorie intake should be adequate not only the extra need of pregnancy but also of the excessive performed.
- ▶ The maternal temperature should not be exceed 35

THANK YOU.