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Investigating the suitability of single session clinical Pilates exercises as a home program and the effects on umbilical blood flow with Doppler ultra-son in pregnant women

Alime Buyuk Gonen

Jine-Fizyo Women's Health Clinic, Alanya-Turkey

Background: Researches that examine the effect of exercises done during pregnancy on uterine blood flow and offer results with objective criteria are seen. In the literature, the studies done in this area are more about aerobic exercise. The remarkable point is that it is not addressed exercises as a home program. It is observed that even if the exercises like yoga, pilates, Thai Chi aerobic that are popular in recent years is advised with exercise for pregnant women, in the studies conducted in this area, it is/ was seen that the usability of these exercise models as home program and the effect of umbilical blood flow were not examined.

Purpose: This study is aimed to investigate the suitability of clinical pilates home exercise program for pregnant women and the effect of umbilical blood flow.

Methods: The study included 28 pregnant women between 24-32 weeks. Clinical Pilates exercises were implemented to pregnant women for 1 hour. Each of the selected exercises was repeated 10 times. Before and after Clinical Pilates workout sessions, pain, general well-being state, acute fatigue perception, state anxiety level and Doppler ultrasound and umbilical systolic/diastolic (S/D), resistance index (RI), pulse index (PI) values were examined.

Results: Wilcoxon test was used to analyze the data. Significant improvement was shown before and after exercise.

Conclusion: At the end of study, it was observed that single session exercise affected the umbilical blood flow, pain, fatigue general well-being state of pregnant women in a positive way and it was observed that applied exercises didn't cause anxiety. Because of their positive effects, it was concluded that clinical pilates exercises can be advised as home program.

Biography

Alime Buyuk Gonen has completed her Master's degree in 2016 from Hacettepe University which is the best background in Turkey. She started directly her PhD at the Pamukkale University. She is one of the founders of Alanya Jine-Fizyo Women's Health Physiotherapy Clinic. She is working with Obstetricians and Gynecologists. She has three papers presented at multiple congresses. She has a special interest in pelvic floor physiotherapy, pregnancy and exercises. She is organizing Women's Health Courses for Physiotherapists in Turkey. She aims to develop Women's Health Physiotherapy in Turkey.

alimebuyuk@gmail.com

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