BENEFITS OF THE PILATES METHOD DURING PREGNANCY. A BIBLIOGRAPHICAL REVIEW.

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INTRODUCTION
At the beginning of the 20th century, Joseph Pilates created a series of exercises as method of physical toning under the principle of control of movement that he called “contrology” or “art of control”.
The American Congress of Obstetricians and Gynecologists (1,2) revealed the recommendations for the physical exercises during pregnancy and post-partum with the aim to encourage the female population to keep themselves active and in good physical shape during gestation. According to ACOG, pregnant women can and should exercise moderately at least during 30 minutes every day, or almost.

GOAL
To exhaustively review last-years data about the applications and benefits of the techniques of pilates during gestation.

MATERIAL AND METHOD
It has been carried out a bibliographical search in the following databases: PubMed, Cochrane, Medline, PEDro, Elsevier and Google Scholar. A first selection was made according to the title and abstract. Only works published between 1998 and 2014 (both included) have been taken into account.

RESULTS
Studies such as that by Chasan-Taber et al. (3) demonstrate the positive effect of physical exercise during pregnancy, suggesting exercises such as walking and swimming to achieve an improved physical and mental health. In addition, they state that each pregnant woman must, as long as she can, do physical exercise systematically, following the recommendations and precautions in this respect. Paisley, Joy and Price (4), in their study “Exercise during pregnancy”, show a series of physiological responses to physical exercise during pregnancy, since it increases the cardiopulmonary strength, the flexibility, the sense of equilibrium and the muscular coordination. All these important benefits for both mother and foetus, who gets a great amount of vestibular stimulation with the movements of the expectant mother during her exercise, thus allowing an approximation to labor with calm, happiness and confidence (5,6,7). For this reason, the most advisable exercises during pregnancy are those that activate the muscles of the trunk, because they protect the vertebral column and the sacroiliac joints, thus easing the load of the uterus and making labor much less winding (1,2).

CONCLUSIONS
Scientific evidence shows that the Pilates method during pregnancy prepares the expectant mother against the physical and mental load required during post-partum, when the needs of the neonate constitute responsibilities requiring all attention. Therefore, a good physical preparation with pilates considerably eases life not only during pregnancy, but also during labor and lactation.

BIBLIOGRAPHY


