



# SYMPTOMS TO WATCH WHILE EXERCISING PREGNANT

## YELLOW FLAGS

THESE SYMPTOMS DON'T MEAN YOU NEED TO STOP EXERCISING OR RUNNING, YOU JUST NEED TO PAY ATTENTION AND TAKE SOME STEPS TO KEEP IT FROM GETTING TO RED STATUS

### **Symptom: Dull pain in the pelvis**

Meaning: May be lacking muscular support at the hips or pelvic floor muscles. exercises

### **Symptom: Pressure in the pelvis and vagina.**

Meaning: May be early symptom of prolapse or weight of baby causing discomfort on pelvis. Start pelvic floor exercises

### **Symptom: Leaking urine while coughing/sneezing, running**

Meaning: Your pelvic floor muscles are fatigued

## RED FLAGS

TAKE THESE SYMPTOMS SERIOUSLY. THEY LIKELY MEAN YOU NEED TO STOP EXERCISE FOR THE REMAINDER OF YOUR PREGNANCY

### **Symptom: Feeling of a tampon falling out or extreme heaviness in the vagina**

Meaning: sign of prolapse (displacement of an organ)

### **Symptom: Pinching in pelvis or inner thigh or groin**

Meaning: possible signs of Symphysis Pubis Dysfunction (SPD) sometimes referred to as pelvic girdle pain. Can be a slippery painful slope. Running can make this worse. Positions also like split split stances, wide lunges, wide leg stances etc. may aggravate this


### **Symptom: SI joint pain or sciatic nerve pain, especially in the third trimester.**



Meaning: Spine is getting compressed or baby pushing on nerve

Exercising while pregnant is recommended and is healthy for you AND baby!! Consult with a pelvic floor therapist to guide you during this journey!

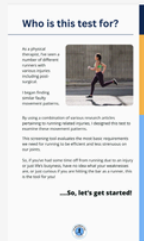
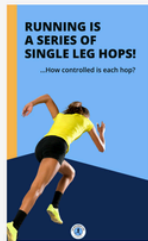
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## Unlock the Secrets: A Peek Inside



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