

## CASE STUDY

### Ante/Post Natal Fitness Training

Sarah is a 34 year old mother of three who suffered with sacro-iliac joint pain (SIJ) following the birth of her second child. She also had poor posture, especially around neck and shoulders, from carrying babies, pushing prams and breast feeding.

Sarah came to motive8 for training advice two years ago, looking to resolve back pain, improve posture and become fitter before having any more babies!

We recommended a combination session for Sarah; initially a full assessment of her SIJ pain



and factors contributing to it. Three sessions of treatment to improve Sarah's alignment, posture to treat the SIJ dysfunction followed by 30mins of Pilates to maintain good alignment and improve stability around her spine and pelvis. This also targeted her pelvic floor muscles and deep abdominals – essential for preventing the recurrence of lower back pain and preparing the body for pregnancy. Once this was resolved we incorporated cardiovascular exercise.

A year later, Sarah became pregnant with her third child. She continued her training throughout her pregnancy and the birth went well. She picked up her training again as soon as she had completed her 6 week check up and now reports no problems with incontinence or SIJ pain unlike after her previous two births.