



## Motion on Mainstreet

A Division of Colorado Center for Physical Therapy

*“Optimizing structural stability, core strength, posture, and muscular control for the best possible pregnancy experience.”*

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[www.MotionOnMainstreet.com](http://www.MotionOnMainstreet.com)

## Pilates & Gentle Yoga for a Healthier Pregnancy

At **Motion On Mainstreet** we provide a custom tailored Pilates and/or yoga based program for addressing the needs of women during and after pregnancy and the birthing process. Both approaches work toward the same physical result of **promoting the healthiest pregnancy, most efficient delivery, and fastest recovery possible.**

Many OB/GYN's agree that when skillfully applied, Pilates and gentle yoga are among the most beneficial exercise approaches during pregnancy as well as in the month's immediately following the birthing process. With professional guidance, Pilates can help:

- **Reduce incidence of backache**
- **Support better posture & endurance**
- **Achieve optimal weight goals**
- **Develop quality muscle strength and flexibility**
- **Tone the most important muscles needed for the birthing process**

Because our Pilates approach for a healthier pregnancy involves non-weight bearing exercise, it can be applied during all stages of pregnancy then modified for quicker recovery after the baby is born. For example, many women sense and feel postural changes as the baby grows. The lower back muscles commonly become shortened (hypertonic) causing pain in the back, sacroiliac joint, and hips. The expecting mother may also experience tension and discomfort in the neck & shoulder regions. Our custom tailored Pilates pregnancy program addresses postural changes, unwanted tension and helps prepare the delivering mom for that special day.

At **Motion On Mainstreet** much emphasis is placed on breath control to help with relaxation and focused neuromuscular movements. The diaphragmatic breath is practiced for efficiency during strength training but also during the resting phase to facilitate faster recovery (rest, repose, and repair). When practiced regularly, the diaphragmatic breath promotes a more stable blood pressure level and is said to be *the vehicle to calming the nervous system.*

### More About Motion on Mainstreet – [www.MotionOnMainstreet.com](http://www.MotionOnMainstreet.com)

Motion on Mainstreet is much more than a Pilates & yoga fitness studio. Our instructors are adept at Rehabilitative Pilates and Yoga Therapy which expand on our fitness & rehab approach. Our Pilates and yoga instructors are trained to assist physical and occupational therapists in the injury rehabilitation process. This requires them to have in-depth knowledge of kinesiology (the science of movement), body mechanics, and posture.

As a result of continuing education and our connection with the **Colorado Center for Physical Therapy's** physical and neuromuscular massage therapy programs, we are experienced at working with a wide spectrum of pain conditions and rehabilitation challenges.

### More About Colorado Center for Physical Therapy – [www.ColoradoCenter4PT.com](http://www.ColoradoCenter4PT.com)

Serving South-metro Denver for 18 years, the **Colorado Center for Physical Therapy** provides traditional & natural health rehabilitation services to people of all ages. We enjoy keeping homemakers, office professionals, students, and athletes at the top of their game. We support seniors with high quality fitness and flexibility programs, teach prevention, and provide clients with high quality home exercise programs.

**For more information about our Pilates & Yoga for a Healthier Pregnancy Program, contact Lea-Ann, Margaret or Erma at 303-797-4828.**