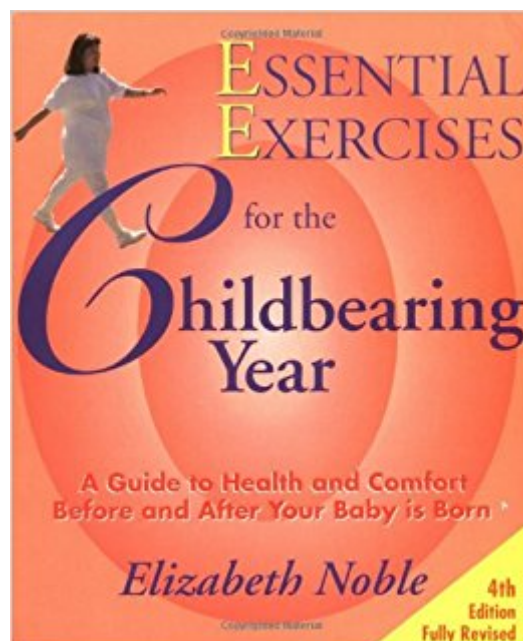




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# Essential Exercises For The Childbearing Year: A Guide To Health And Comfort Before And After Your Baby Is Born



## Synopsis

A book to help women understand the biomechanics of the entire maternity cycle and the rationale for and against certain exercises. Noble shows how to recognize and remedy weakness and dysfunction that often plagues the average, sedentary woman during her childbearing year. As well as chapters explaining role of the key muscles (abdominal and pelvic floor) during pregnancy, labor, birth and postpartum, there are chapters on the principles of exercise, posture, comfort, bed rest, and Cesarean rehabilitation. Hands-on techniques for relieving some of the common joint discomforts are listed in the appendix and there are summary tear-sheets at the back of the book for the prenatal, postpartum and Cesarean recovery programs.

## Book Information

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## Customer Reviews

.. a classic since 1976. Like good wine, it has become enriched with age... improves with each revision. -- BookMarks, International Childbirth Education Association, Minneapolis  
An encyclopedia of information so well written...difficult to put down once started...it leaves no question unanswered. -- Family Journal  
An encyclopedia of information so well written that it is difficult to put it down ...leaves no question unanswered. -- Family Journal, Jan-Feb 1982  
Elizabeth Noble is a writer and teacher extraordinaire. -- Jane Frahm, PT, Past-President: Section on Women's Health, American Physical Therapy Association  
Essential Exercises undoubtedly presents the role of physical therapy during pregnancy and postpartum in the most complete fashion. -- Raul Art, MD, Author: ACOG Guidelines for Exercise During Pregnancy and the Postpartum Period, Exercise in Pregnancy, and Pregnancy and Exercise  
It has become a classic...like good wine... enriched with age, as Noble

improves it with each revision. -- BookMarks, ICEA Bookcenter, Minneapolis  
Noble stands out dramatically as one of the few women who have significantly improved the health of childbearing women... -- Doris Haire, President; American Foundation for Maternal and Child Health  
This book has faithfully served clinicians and lay persons by providing sound, practical information relating to the childbearing period. -- ADVANCE for Physical Therapists

This classic, in print for 3 decades and regularly revised, has helped more than 200, 000 childbearing women understand the changes that their body undergoes during pregnancy, labor, birth and postpartum. The design of the book is unique, addressing the various muscles and functions of the body with detailed explanations of the appropriate exercises and their modifications and progressions. Noble has taught prenatal and postpartum exercise to women, and health care providers for 40 years. She is the "grande dame" of body awareness, remedial positions and movements during the childbearing year.

This book was recommended by a physical therapist I taught a pregnancy class with (my coworker was the mother of triplets!). This book has lots of great information and to my understanding is considered the book on pregnancy within the physical therapy community. The author established the first women's health physical therapy clinic in the USA and is well credentialed. I don't think the book is hard to follow or that the organization is terrible she has organized the book by subject versus chronological order of pregnancy. So she discusses the abdomen or pelvic floor for an entire chapter versus discussing each pregnancy stage separately. This book is written by a physical therapist and as such the exercises are therapeutic this is not going to lay out an exercise plan to burn calories or build bigger biceps. However, this book may help you minimize issues like diastasis recti, perineal tears or bladder incontinence or at least know what your recovery options are if it is too late to prevent these issues. I am deducting a star for the pictures I really could have done without the what I assume is the author laboring in water. I thought the "no" pictures were a little aggressively formatted as some other reviews have mentioned. I am not sure why the sketch artist decided to draw most of the illustrations as naked women when the exercises being demonstrated are most often prenatal or post-partum (I get the sketches naked during birth or that illustrate anatomy, obviously). I would recommend reading this book in the privacy of your home due to the awkward pictures. Some of the author's personal opinions are a little out there but nothing I didn't expect to some degree in a childbearing book. Note this book was written in 1976 and last updated in 1995 so keep that in mind when considering cultural context or medical advice. This book is

about exercise and I think those sections are still great but this isn't where I would look for the best info on c-sections (which is a chapter).

I find this book invaluable. These are things that a medical doctor will never take the time to teach you and yet it can increase the chances of a safe, healthy birth experience for the mother as well as the child. I especially appreciate the many ways she describes how you can help avoid the need for an episiotomy. She also goes over the best positions to push in, which are not the same positions that the nurses at a hospital will put you in! One word of warning before you read this book: the author is a bit unorganized, which can easily discourage the reader. I recommend finding the quick reference to the "Essential Exercises" in the back of the book first so you can be doing exercises from the beginning. Then, if you really want to read the entire book (which I think you should) start with Chapter 4 on the abdominal muscles because that is where she talks about positions and pushing during labor. Next, go to Chapter 3 on the pelvic floor muscles (avoid an episiotomy!) and then Chapter 5 on posture (she covers good laboring positions in this chapter, too). Those are the truly essential parts of the book!

As a PT I was frustrated with the lack of good information on exercise during and after pregnancy. This book covers specific exercises to strengthen and rehab the abdominal wall and the pelvic floor, explains modifications for surgical births, discusses labor and birth positions and their effect on the muscular structures, and has a wealth of information about how to treat your body well from early pregnancy through post-birth. Referred to it many times having two babies. Author is a well respected PT who has worked with women's health issues for many years. Lovely book. Wish everyone would read it and care for themselves.

Shipped on time. Disappointed- Important post natal summary of exercises were missing from the book. Would have been nice to know ahead of purchase about the missing pages. The book is very informative and an excellent resource for pregnant women.

To sum it up, this book took me from nervous and uncertain to confident and informed. I walked away realizing that as a woman, my body is made for child birth; my body will not "break

Helpful, good material. A pregnant woman needs as much fitness as possible to be strong, withstand the freakish changes, and have good physiology to nourish and deliver the baby properly.

Recovery is much faster and better, too. The common back pain from pregnancy and afterwards is mitigated by the physical therapy and chiropractic.

This book has some great information to help with staying fit during pregnancy and being prepared for the remarkable experience of giving birth. There are exercises to do and tips to staying fit and preparing your body! I am about to deliver my second baby and I am glad I found this book to help me to be more prepared this time for laboring naturally and effectively. I would definitely recommend this book!

I bought it for an expecting friend. she loved it.

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