

Time to Exercise: Calf Stretch in Sitting

Hey there mum-to-be, it's time to exercise! Let's do some calf stretches — these can help relieve leg cramps.



Exercising during pregnancy comes with many benefits, including promoting muscle strength and endurance to meet the physical demands of pregnancy. It can also help control your blood glucose levels and blood pressure. Please consult your doctor before starting any exercise programmes. Ensure you avoid hot conditions, keep hydrated, and wear comfortable attire while exercising.

If you haven't been exercising regularly before pregnancy, start with an easy 15 minutes of activity a day. Then gradually increase that to 30 minutes a day, five to seven days a week.

The calf stretch in sitting can help relieve leg cramps, and here are the steps for the calf stretch in sitting position:

You begin by sitting on a mat or a firm surface, keeping one leg bent with the foot flat on the floor and pointing forward. Loop a towel around the foot of the straight leg and slowly pull the foot to point towards you. Hold the position for 20 seconds and slowly release the towel. Repeat this exercise 10 times on each leg.

By Catherine CHUA Bee Hong Senior Principal Physiotherapist, Elizabeth CHAN Jiahui Principal Physiotherapist, KK Women's and Children's Hospital

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Sources:

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