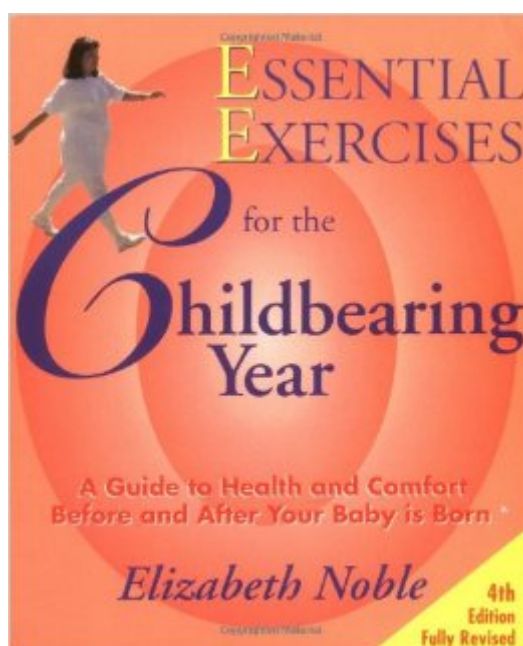


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# Essential Exercises For The Childbearing Year: A Guide To Health And Comfort Before And After Your Baby Is Born



## 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

I am a physical therapist who has used this book as a basis for my "Prenatal exercise and Body Mechanics" Class. I have recommended it to my patients and to other professionals who teach prenatal classes. The author adds a unique perspective by inviting women to "think outside of the box" and take responsibility for their bodies before, during and after their pregnancy. The partner exercises are very well received by my patients (our hospital averages 300 births per month). I am also the mother of 21 month old triplets and I used the book as a personal reference and guide throughout my pregnancy. The book helped me to understand and appreciate just how fortunate we are as women to be able to bear children. The author's detailed description about the pelvic floor and the emphasis on the importance of the exercises is information that should be shared with young women BEFORE their pregnancy. I have been surprised by the number of my patients who

have never heard of Kegel exercises or who have no idea they have a pelvic floor! A great book to pass along to all women!

This book is an unfortunate mix of great information and important exercises combined with organization so poor it is difficult to read. I have found a lot of useful information on keeping my pelvic floor and abdominal muscles in shape, but it has been a real struggle to synthesize this information. The author jumps from prenatal to postnatal exercises within the same chapter, in a way that makes it difficult to figure out a systematic exercise routine. She redeems herself somewhat with an appendix in the back that lists prenatal and postnatal exercises in order, with a reference to the page number. But it is still difficult to sit down and read this book from cover to cover. I haven't found a better book on exercise before and after childbirth, but I suspect there might be one out there.

Elizabeth's book is a classic in the childbirth field. Her book is the sourcebook for prenatal exercises. I also appreciate the introduction to holistic prenatal care that she provides. Hypnosis is highly effective during pregnancy as studies have shown, Her writing on communication with the unborn baby taps into the most modern research on this topic. Elizabeth Noble has her finger on the pulse of what will be really important in prenatal care for the 21st Century. I recommend this book most highly. Lewis Mehl-Madrona, M,D, Ph.D. Medical Director Center for Complementary Medicine University of Pittsburgh Medical Center

After reading some of the negative reviews, I felt compelled to write my own. In my first pregnancy, I did find the book hard to follow in some places (and yes it could be organized better), and I did not use it. Now in my second pregnancy, and in hindsight I greatly regret not taking the time to actually read it and use it. I have searched for other books, and have found some that seem better organized, however, all of the other books seem based on MS Noble's but less complete, and do not really promote exercises which will not increase pelvic floor problems. This book is designed to protect the pelvic floor, and repair it (instead of surgery). So no, do not expect to break a sweat or find an intense work out (of which high body temp is bad for baby's brain anyway). If you are looking for something with a 5 second simple sound byte for instructions, this is not the book for you. Such as in life, some of the really good things require thorough explanation and a bit of your time. Ms. Noble's book was one of the first like it, is still the base reference for most others, and will truly teach you how to protect your abdomen and pelvic floor safely. Unlike some other books, which

have exercises that will actually increase abdominal recti seams. So, if after pregnancy you do not want a saggy abdomen, a uterus hanging down, and not to pee when you sneeze- this is the book for you.

Although this book has some really interesting points on abdominal exercises (although the other reviewers are right about the poor organization; and, there are typos and visually the pages are very cluttered), it absolutely does not offer an overall fitness program. It's much more like a physical therapy program focussed on abs and pelvic floor. So, if what you're looking for is supplemental exercises to add, it may be fine for you, but I'm going back to the drawing board to find a more all-purpose pregnancy exercise book. Plus, I think I can handle more than three or four crunches (I think she says you can do "up to five"). Also, be aware that the author has a judgmental streak. I may agree with some of her digs at the medical establishment (I was delighted, for example, to hear her pooh-pooh the idea that lying or exercising on your back will cause supine hypotension), but when she aims her barbs at women with bad posture, for example, it seems counter-productive (I could do without the screaming jagged "NO!"s next to the pictures of incorrect posture).

I didn't realize that there was a more recent edition of this book until today! I have been reading the 1982 edition in preparation for my third pregnancy. The 1982 edition is wonderful so I am very much looking forward to getting the most recent edition. I saw a reference to the new edition in The Mommy Guide which prompted me to order the new one. In the Mommy Guide the author, Elizabeth Noble, is quoted as saying that abdominal isometric exercise should begin within 24-hours after giving birth in order to take advantage of the short window of time where your muscles in this region are still flexible and you may be able to shorten them. Has anyone tried this? Anyway, it is wonderful to have the insight of a physical therapist when it comes to using your body during pregnancy and postpartum.

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