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OSTC's Pre and Post Natal Fitness Specialist



OSTC is proud to announce that our own Athletic Trainer and Certified Strength and Condition Specialist, Tana Drennan, is now a Certified Pre- and Post-Natal Fitness Specialist.

Tana is in her 6th year with OSTC, bringing 17 years of experience as a certified athletic trainer and 9 years of experience as a certified strength and conditioning specialist. Tana loves her job helping others get back in shape, which typically follows an athletic injury; however, after having her first child, she realized many women are hesitant to exercise during and after pregnancy with limited coaching

available. In response, Tana began studying exercise and fitness specifically geared toward pregnancy and after pregnancy, and she is now dedicated to helping others through this confusing, stressful, and joyous time.

Proper exercise during pregnancy not only helps women get "back in shape," it also helps relieve common aches and pains, shorten delivery time, and speeds recovery time. Exercising after the baby is born also helps the new mom deal with changing hormones and emotions. As a mother of three, 2 earthly babies and 1 angel baby, Tana understands the hardships, pains, and stress that accompanies women during and following pregnancy. She also knows while it is important to cherish every moment with those precious babies, it is important to take care of yourself, before and after the baby arrives.



If you are interested in talking with Tana Drennan, OSTC's Certified Pre/Post Natal Fitness Specialist, give her a call at 940-692-4688

Get Back to Your Prenatal Body

Giving birth is a life changing experience. From a physical standpoint, childbirth has a significant impact on a woman's body. Symptoms can vary greatly, and range from pain and headaches to tightness and incontinence.

Aches and pains are common during pregnancy and breast feeding. Discomfort can occur in the neck, lower back, pelvis and hips. However, there is good news. The right exercises, combined with postural modifications go a long way in increasing comfort.

Correct planning during pregnancy helps with injury prevention and recovery after childbirth. Prenatal care, provided by a Doctor of Obstetrics, includes preventive and diagnostic measures to facilitate a healthy lifestyle for the mother and child. It involves blood pressure monitoring, pelvic exams, blood and urine tests and fetal heart rate monitoring. It is important to get permission from your doctor to start or continue an exercise program.

A personal trainer who specializes in working with pregnant women and new mothers can help you maintain a healthy and active lifestyle while pregnant. Postpartum weight gain is a common concern, and a Pre/Post Natal Fitness Specialist can create a nutrition and exercise plan to assist the new mother in gradual, progressive weight loss.



Benefits of Exercise During and After Pregnancy

1. Breathing exercises

During pregnancy, the enlargement of the uterus puts a great deal of pressure on the diaphragm, an important muscle that assists breathing. As the tone of the muscle is reduced following pregnancy, it is essential to perform exercises to maintain and restore strength. Pre/Postnatal fitness specialists train patients with different breathing exercises to improve diaphragmatic muscle tone.

2. Core stability exercises

The stretching of the abdominal muscles associated with pregnancy results in a significant reduction in muscle tone and strength. This can increase the risk of abdominal hernias or diastasis recti. Gentle, progressive exercises to improve balance between the abdominal, oblique and lower back muscles are achieved with a pre and postnatal exercise program. This also helps prevent and treat low back pain.

3. Pelvic floor strengthening

Childbirth places a tremendous amount of stress on the pelvic floor muscles. This can result in pain, discomfort and embarrassing conditions like incontinence. Kegel exercises and yoga are popular ways to improve strength and control in the muscles of the pelvic floor. The patient will start with simple isometric (no movement) exercises to progressive exercises involving movement and weight bearing.



Happy Mommy, Happy Baby



Childbirth marks a new phase of life in more ways than one. It represents a period of abundant joy for the entire family. It also presents new challenges, both physical and emotional, for everyone involved. Physical exercise will help mom destress and increase energy levels at a time when it is needed the most.

For best results, consult a Certified Pre/Postnatal Fitness Specialist during, and after pregnancy. A little bit goes a long way, especially if you start stretching and strengthening exercises early in the pregnancy. The sooner you start exercising, the better. The fitness specialist will teach you the

right exercises and prevent overexertion. If there was ever a time when mom needed a plan to remain healthy, this is it.

Correct exercises will not only prevent injury during pregnancy, but also enable mothers to regain their prenatal body quicker. A healthy mommy leads to a happy baby. If you or anyone you know is about to have (or just had) a baby, ask them to give us a call. We look forward to working with you.

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Prenatal Massage

- Relieves Headaches
- Alleviates backaches
- Enhances sleep
- Reduces fatigue
- Reduces edema

What is prenatal massage?

Massage for pregnant women is also used to reduce stress on weight bearing joints. It helps with blood and lymph circulation, relaxes nervous tensions which in turn helps aid better sleep, and can possibly help with symptoms of depression and anxiety caused by hormonal changes during and after pregnancy.

During the prenatal massage sideline positioning with supportive, soft cushions are used to alleviate the extra strain on the lower back and pelvic areas when the pressure of massage techniques are applied.

Through the second trimester, you may prefer to lie on your back with small, cushioned wedge placed under both knees. Depending on where you are in your pregnancy, your licensed massage therapist can provide a pregnancy pillow if you wish to lie face down.

Prenatal Massage Prices 1/2 hour - \$35.00 1 hour - \$60.00 1 1/2 hour - \$80.00

What People are Saying about OSTC:

• All of the staff is always friendly and outgoing and make you feel like an individual, not a number

• Friendly people

• Great staff. Amanda is the best.

• Staff is always very helpful. Jennifer is an awesome therapist and really cares about her patient's well being

• I am impressed with the dynamic between employees. They are always offering help to one another, joking w/ each other, or assisting one another with a patient. I never saw negative drama or anything that would imply anything but a passion for their job, coworkers, and patients.

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