

150 - BENEFITS DURING PREGNANCY HYDROGYMNASTICS WHO DEVELOPED LOW BACK PAINCASSIO HARTMANN¹LOURDES ANDRÉIA MESQUITA BUARQUE DE FRANÇA²SANDRA ANTUNES ROCHA³

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INTRODUCTION

For some time been observing the need to extend the discussion about gymnastics in pregnancy, beyond the transmission of theoretical knowledge and scientific. It is considered that this field of research - the water aerobics during pregnancy - comes increasingly attracting the interest of authors, researchers and professionals in physical education and health. These professionals carry with them the concept of the role of gymnastics "system of exercises performed in water" for the serving and how to approach the teaching of this practice during pregnancy. (BAUM 2000, p. 3).

When it comes to pregnancy, there is talk of changes which become important assists prenatal consisting of periodic consultations, which are conducted physical examinations and laboratory where necessary. At this stage the health professionals begin to work on guidelines for controlling weight in pregnant women, blood pressure, assessment of nutritional status and routine in general. Are for these reasons that we address in this paper that the practice of sports suitable for pregnancy, especially the gymnastics, it is extremely important for pregnant women being monitored and targeted, unless they have medical contraindications.

The water aerobics for pregnant women is a logical alternative and more structured. These exercises are less widespread, but "simply being in the water allows the force of gravity act in a much less intense, causing the body weight is better supported and relieved" (MIRANDA, ABRANES 2003, p. 95).

In the last section we present, discuss and confront the ideas of these authors mentioned above, and others that are within the body of literature presented. They explain that the aquatic exercise for a pregnant woman is more appropriate, since it is almost impossible to injury, but also feel pain from musculoskeletal and other factors, when immersed, movements that would not be possible or would be extremely painful on land.

OBJECTIVE: To study the benefits of gymnastics with women during pregnancy.

METHODOLOGY: The research will be conducted through a systematic qualitative - involving a natural observation, making accurate record through quotations and interpretations. The research is characterized by personal and intensive research. She's kind of justified. (Thomas and Nelson 2002, p. 34). Water aerobics. Was the brainchild of a teacher of Physical Education, State of Sao Paulo, Hanitzch, which came with a novelty in the United States. Exercising in the water. In a swimming pool with water up to his chest. An idea to make moves of gymnastics or aerobics located with the advantages offered by the liquid medium, especially for pregnant women. Although it is said that physical exercise took on water in there for 50 years. However, there are records that bring the eighteenth century as a time that was considered as a beneficial activity for water and tasteful. Immersion has been used for at least two thousand years according to Glenda Baum (2000, p. 4).

It is considered that this physical activity is already practiced for very long. Already observed the man, children, the elderly, in short, playing in the water. The important thing is to see why this need. The understanding comes in second, because when it comes to water there are certain properties to be discussed. Physical properties. They bring particular advantages and special conditions for health care. At first, only brings advantages.

Based on this concept for water test its effectiveness in developing and maintaining the potential physical and organic too, bringing a sense of wellness, fun, comfortable and safe. It helps maintain the mineral density for osteoporosis prevention. Improves muscle strength, joint flexibility and balance, reducing falls and fracture risk. Moderate exercise are less intensive than other impact exercises on land. By being practiced in water have been the positive and pleasant as the exercise is mild, the person floats, the waters are generally warm, is more flexible and facilitator for the exercises.

His movements are developed with more facilities, increasing the yield and allowing a minimal impact on the water. The pains and spasms after virtually no activities occur.

According to Luiz Carlos de Moraes for water not overloading the joints, provides the same resistance throughout the movement (isokinetic), we make an effort in going and coming every move (agonistic and antagonistic) and is still relaxing. It is an aerobic activity because the heart rate is stable levels without large peaks and the duration of the classes can be up to one hour. Like any exercise, it follows, too, a sequence of physiological bases, according to records and guidance of skilled professionals in CREF (Regional Council of Physical Education).

Heating and relaxation are some of these fundamentals. Unlike some exercises done on land, water aerobics does not reflect pain, sweating and feeling of exhaustion. The water aerobics gives you the perception of weight reduction and stress joints.

DURING PREGNANCY

Evaluated only benefits the mother, not the fetus. In these forty weeks a woman behaves differently: nausea, dizziness and vomiting spells. The gymnastics interfere in the mother during pregnancy? In early pregnancy, and then when the back pain appears.

It is a state in which a woman passenger is in this state and we can observe the modifications of the maternal organism. The gravid uterus is not measuring 7cm long reaches, during pregnancy, up to 34cm and its weight is normally 100 to 150g reaches from 1000 to 1500g. Occurs in the first quarter interim thickening of the walls that reach their peak in the 4th month of pregnancy and it is during this phase that abdominal palpation becomes accessible. There is a change in consistency, to a softening. The neck of primiparas (women with a first pregnancy) is long and closed, because of the multiparous (multiple pregnancies) is shortened

and dilatation of the external os.

Regarding mucus plug at that stage the pregnancy becomes a rich and thick mucus that protects the fetus from the uterus and the ascension of vaginal bacteria. The vagina has a darker color and there is a thickening of the mucosa by hormonal influence, vulvar varices may occur, as the breasts have swelling and tenderness, hyperpigmentation of areola primary onset Network Haller, Montgomery tubercles and striations. Some women have a hyperpigmentation on the face (chloasma gravidarum) and fluff, so the importance of continuous use of sunscreen factor 25. Externally on the abdomen appears that the Alba line becomes line Nigra, with a planning navel, striae, and increased volume.

The legs may show edema, varicose veins and possibly cramps. Pregnancy can cause, depending on the care of this woman, her stance on issues such as lordosis, changes in gait and back pain. This much discomfort linked to weight gain and poor posture while sitting, walking, lying down, driving the car. As the Doctor sets B.D. Schmitt (author of "Your Child's Health, Bantam Books. 1999 Clinical Reference Systems). Back pain is a stiffness in the lower back. It is caused when a muscle is stretched back, subjected to traction. For example, there may be a heavy object to lift his or remain sitting or standing for long. This pain can last for days, weeks or more and can reach specific places such as the buttocks and legs according to the doctor. Some symptoms are considered important to determine whether there are back problems: lack of bowel or bladder control, difficulty moving or walking legs and numbness or tingling in the arms or legs. These symptoms may mean that you have the pregnant woman has an injured spine and nerves.

These pains are worrying at the stage of pregnancy and tends to increase during the last quarter of women by body weight and fitting of the fetus for birth. They are mitigated or almost disappear during physical activities, especially gymnastics. the digestive tract of pregnant women suffer very substantial changes such as: nausea, vomiting, morning, heartburn (burning of the stomach). Eliminations before this woman may have a constipation and likely appearance of hemorrhoids.

Pregnancy is a fleeting state as mentioned above and which can be identified only by observing all these changes spoken up, but there are clinical, laboratory and by ultrasound. Clinical methods away or confirm the likely signs and symptoms of pregnancy. These signs are likely: cessation of menstruation (amenorrhea), nausea, vomiting, morning, drooling (increased salivation), increased or decreased appetite, odontalgias, aversion to smells somnolence, onset of colostrum, among others.

Observed before the laboratory diagnosis of immunological tests of type qualitative or quantitative Beta HCG. Ultrasound is the emission of high frequency sound waves that go to the tissues, are reflected and received the device in the form of light or sound points. It is recorded in a graph itself. Has the advantage of observation of all structures of the pregnant uterus, amniotic fluid, placenta, fetus and calculate the gestational age.

Every pregnant woman needs to do a monthly monitoring the Prenatal who are regular consultations which are carried out physical examinations and laboratory and application of tetanus vaccine. It is observed in these consultations as weight, blood pressure, nutritional status, laboratory tests, guidance on the necessary intake of protein, minerals, vitamins, personal hygiene guidelines for pregnant women, advising on the permanence of sexual activity as normal throughout pregnancy and finally guidance on work, travel, home, sports and the use of tobacco and alcohol during pregnancy. This set of information and guidance comprises 40 weeks of successful health of mother and fetus guaranteed.

BENEFITS OF PREGNANCY GYMNASTICS ON

The position of the pregnant woman who exercises of gymnastics is very different to other forms of exercise. The patient is in a position of lightness, ie, weight in water without managing to maintain the posture and relatively equal strength. When swimming, for example, if the case would not be possible to observe these postures and forces, as the pregnant woman to swim would increase tension in the musculature of the cervical spine. May cause pain in the neck, shoulders or arms and other injuries. However, the biggest disadvantage of swimming is that this mode does not capitalize the physiological effects of hydrostatic pressure. According to Baum (2000, p. 27) hydrostatic pressure is the force that applies to the entire surface of the body in the water.

The movements of gymnastics, in most cases, are made this way: upright, with water up to the chest. By exercising in the water, the woman during pregnancy has certain physiological aspects that differ greatly in relation to the practice of the same exercises on land. It is extremely important to observe what the body's response to it. The differences are numerous and affect almost all physiological systems of the body - mainly the muscoloesqueléticos.

One must consider that significant changes occur in the body of the woman early in pregnancy as Weineck explains Jürgen (2005, p. 416) and that these may alter the physical capacity. You have to look look from another perspective, despite the emergence of a pregnancy does not require immediate discontinuation of the practice of physical activity. The author explains that there are many reasons that indicate the exercise.

However, we must understand that are relevant to the changes during pregnancy and for this it is necessary to appoint a sport appropriate for this stage of gestation. Here, it is a reference to the exercise of aerobics exercise as beneficial to both mother and fetus. Preferably, the benefits of gymnastics in the treatment of back pain on the mother. As Jürgen Weineck (2005, p. 416):

The progressive increase in body weight is mainly because of an enlarged uterus. With the increase in body weight, you change the weight distribution in the body, to a shift in the center of gravity, resulting in the appearance of a concavity in the lumbar region. The uterus increases up to a thousand times its internal volume and mass of tissue in up to twenty times - and the growth of the fetus.

The lower back pain caused by the weight that a pregnant woman carries throughout pregnancy and to modify the effects of that pain is generated in the context of moderate exercise aerobics. A pregnant woman may be achieved in water medium, where the risk of injury is very unusual. The very condition of pregnancy intensifies assistance by means of an exercise. As has been said that there are negative factors in early pregnancy because of performance and systems integration muscoloesqueléticos. The guidelines that the studies lead us is to know that it is no wonder that back pain is so common in pregnancy.

The factors that alter the body of a pregnant woman are responsible for some risks that manifest themselves more or less pronounced. The increase in body mass and its change in weight distribution converge to the sense of the benefits that aerobics can bring to the gestational period. This exercise in water as a beneficial activity is not new, because for many years the medical profession have advocated as the best form of exercise for people with problems muscoloesqueléticos. The waiver gymnastics weight support as stressed Glenda Baum (2000, p. 4).

Studies Raul Artal, Robert Wiswell, Barbara Drinkwater (1999, p. 10) helps us to recognize the aspects of stability to a pregnant woman is at the expense of an increased load on the muscles and ligaments of the spine. For this reason, the woman will find a better condition in aquatic improvement in this period. As the pregnancy progresses the uterus grows in strength and thickness. "The exercises in the water are wonderful ways to control their weight" (KATZ 1999, P.6). Not only for the body but the mind, because water is a pleasant way. Immersed in it, the woman floating in a condition of appraisal. No doubt when Jane Katz

points out that gymnastics does not concentrate stress and wear on joints and muscles. It is a thrust of water. That means being able to exercise longer with greater intensity.

The author teaches us some forms of exercises to relieve back pain, certainly, all exercises are important for pregnancy. However, the evaluation of research focusing on back pain in particular, there is the exercise called floating limbs that loosens and strengthens the lower back and back, lifting the leg that lengthens and tones the lower back of the back and increases circulation to the legs, facilitating delivery and recovery period. Both are part of the gymnastics program.

Attention should be paid for the incremental risks in a pregnancy does not occur for some extreme difficulties. According to the authors in question, the aerobics exercise provides a quality compatible with the need of the event - pregnancy - and that during the research found that there are theoretical grounds in the affair exposed. Under these conditions, one is the record of that exercise in water is relevant to women with lumbar pain problems. To confirm this assertion Baum (2000, p.82) concludes that during pregnancy it is best to do exercises in water rather than anything else - swimming, for example - it can strain the already overburdened lumbar spine. "The fluctuation in water removes the extra weight of ligaments and joints" (KATZ 1991 apud BAUM 2000, p. 82). When practiced properly and regularly, and provides a quality benefits all the physical components. See Table: 01

TABLE: 01 SOME BENEFITS OF hydrogymnastics

Aerobic component: improves cardiovascular and pulmonary
Component of Muscle Strength
Component Muscular Endurance
Component Flexibility
Component Body Composition: relates to the relationship between lean mass and fat
Decreases the weight

Fonte: Academia vida <artigos> hidroginástica para gestantes. www.academiavida.com.br. 2008

Thus, the benefit is that gymnastics gives the massage provided by water, by means of pressure and resistance. Help in the peripheral blood circulation and relieves tension. The paper refers to the practice of exercises done in water-oriented and based on expert authors, attempted to show that properly exercises are able to help benefit the health and body of a pregnant woman with signs of back pain.

CONCLUSION

Situations that were highlighted in the study served to evaluate the possibility of improving living conditions in its completeness in relation to a woman in her pregnancy. Exercise can help in the maintenance and reduction of pain and tension. The fact is that water aerobics is the best and most suitable for this practice. Corresponds to a vital need in the case of pregnant women with back pain. They are extremely vital, with the assurance of a physician, the practice of gymnastics during pregnancy. If there is sufficient attention to the future mother make a mistake. Not only connected to the body, but all the emotional structure. It is best to understand the strengths of gymnastics.

What she offers. Its higher aspects and advantageous, and learn to understand them. There are numerous situations involving pregnant in the external and internal, knowing that physical activity - for water - bothered to improve these factors. Are triggered several positive points to relieve pain and stress that the pregnant woman will have during pregnancy. Back pain are the main cause of discomfort to the mother.

The WEP is to assist these great pain caused by this pain. All of this is the result of poor conditions that in most cases are recorded every day, and anywhere there's a pregnant, we can only wonder if mother will choose to that endure pain or practice this exercise to relieve and maintain well-being of your body. Sometimes it is lack of information, economic issues, or lack of medical education.

After all, if these activities are so full of physical qualities and positive results, why not get more interested professionals, doctors, teachers, and also pregnant women assuming responsibility for the health both from her and the baby.

Among these exercises in water and others that are practiced on land needs to learn that the water is much more positive and efficient, as has been shown at work. The research attempts to collaborate with more knowledge - through information - within this perspective that the benefits of water exercise can bring to pregnant women with back problems in the construction of a new assessment of this problem.

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BENEFITS DURING PREGNANCY HYDROGYMNASTICS WHO DEVELOPED LOW BACK PAIN**ABSTRACT**

This work is an objective study on the benefits of water exercise during pregnancy. Talks about gymnastics and its techniques. Explains the concept of exercises done in water, which is formed from man's need to create a low-impact time to exercise. Focuses a little history of gymnastics. Demonstrates how these exercises done in water are capable of doing in pregnant women, facilitating the practice of movements out of the water are difficult for them. Brings a discussion regarding the care for pregnant women - this involves special care - in the exercise prescription. The object of the research is to highlight the aspect of the pregnant women need the application of physical exercise - water aerobics. The paper discusses the concepts on the gestational period studied within their needs, from their first symptoms until the stage that features the first pain - specifically the lumbar. What is an aquatic exercise for a pregnant woman with back pain was the starting point the idea of research. A whole sequence was developed through a literature review to substantiate the arguments and facts on the basis of the study. An analysis was made in respect of pregnant and gymnastics. Reflecting on results, the benefits of gymnastics in pregnant women were shown in the shot of the research forming the top job. Pregnancy is not a disease, if everything is normal, the exercise will help, and water is the ideal medium for this. Therefore, for water is perfectly adequate for the gestational period.

KEYWORDS: Aquatic, pregnancy, low back pain.

ESTATIONS AU COURS DE LA GROSSESSE HYDROGYMNASTICS QUI A DÉVELOPPÉ DES DOULEURS**LOMBAIRES****SOMMAIRE**

Ce travail est une étude objective sur les bienfaits de l'exercice de l'eau pendant la grossesse. Entretiens sur la gymnastique et de ses techniques. Explique le concept des exercices effectués dans l'eau, qui est formé à partir de besoin de l'homme de créer un temps faible impact de l'exercice. Se concentre un peu l'histoire de la gymnastique. Montre comment faire ces exercices dans l'eau sont capables de faire chez les femmes enceintes, en facilitant la pratique des mouvements de l'eau est difficile pour eux. Apporte une discussion concernant les soins pour les femmes enceintes - cela implique une attention particulière - dans la prescription d'exercice. L'objet de la recherche est de mettre en évidence l'aspect des femmes enceintes ont besoin de l'application de l'exercice physique - aquagym. Le document traite des concepts sur la période de gestation a étudié au sein de leurs besoins, de leurs premiers symptômes jusqu'à l'étape qui comporte la première douleur - en particulier la région lombaire. Qu'est-ce qu'un exercice aquatique pour une femme enceinte souffrant de douleurs dorsales a été le point de départ l'idée de la recherche. Une séquence complète a été élaborée par une revue de la littérature pour étayer les arguments et les faits sur la base de l'étude. Une analyse a été faite à l'égard des femmes enceintes et la gymnastique. Réflexion sur les résultats, les avantages de la gymnastique chez les femmes enceintes ont été présentés dans le plan de la recherche formant le plus haut poste. La grossesse n'est pas une maladie, si tout est normal, l'exercice vous aidera, et de l'eau est le moyen idéal pour cela. Par conséquent, l'eau est parfaitement adaptée à la période de gestation.

MOTS-CLÉS: aquatique, la grossesse, les douleurs lombaires.

BENEFICIOS DURANTE EL EMBARAZO HIDROGINNASIA QUE DESARROLLÓ DOLOR DE ESPALDA BAJA**RESUMEN**

Este trabajo compone uno objetivo de estudio sobre los ventaja de la hidrogenástica en el período embarazo. Habla sobre la hidrogenástica y suas técnicas. Esclareci el concepto de los ejercicios hechos en agua, que y formado la partir de la necesidad del hombre en criar una opción de bajo impacto en la hora de si adiestrar. Enfoca uno poco de la historia de la hidrogenástica. Demuestra de que manera estes ejercicios hechos en agua sano capaces de hacer en mujeres embarazadas, facultando la costumbre de movimientos que fuera de la agua sano complicados para la embarazada. Traer una discusión referente al cuidados en relación las mujeres embarazadas – esto arrolla cautela especiais – en la prescripción de ejercicios. El objeto de la encuesta y patentizar el aspecto de la necesidad de la embarazada la aplicación del ejercicio físico – la hidrogenástica. El trabajo enfoca los conceptos estudiados encima de lo período embarazado en lo âmbito de suas necesidad, a partir de suyo primero síntomas hasta la fase que presenta las primera dolor – específicamente las lombares. Hacia que serve uno ejercicio acuático hacia una embarazada con dolor lombares foi el punto de partida en la idea de la encuesta. Toda una secuencia foi elaborada, por medio de de una revisión bibliográfica, hacia fundamentar los asuntos y los hecho en la apoyo de lo estudio. Foram hecha análisis en la relación embarazada/hidrogenástica. Traducindo en resultados los ventaja de la hidrogenástica en mujeres embarazadas foram exponidos en lo remate de la encuesta componendo el cumbre del trabajo. La gestación no y una enfermedad, si todo permanecer normal, el ejercicio ayudará, y el agua y el médio ideal hacia isso. Por tanto, la hidrogenástica y perfectamente adecuada hacia el período embarazado.

PALABRAS CLAVE: Hidrogenástica, Período Embarazado, Dolor Lombar.

BENEFÍCIOS DA HIDROGINÁSTICA NO PERÍODO GESTACIONAL QUE APRESENTA QUADRO DE DOR**LOMBAR****RESUMO**

Este trabalho constitui um objetivo de estudo sobre os benefícios da hidrogenástica no período gestacional. Fala sobre a hidrogenástica e suas técnicas. Explica o conceito dos exercícios feitos em água, que é formado a partir da necessidade do homem em criar uma alternativa de baixo impacto na hora de se exercitar. Enfoca um pouco da história da hidrogenástica. Demonstra de que forma estes exercícios feitos em água são capazes de fazer em mulheres gestantes, facilitando a prática de movimentos que fora da água são difíceis para elas. Traz uma discussão referente aos cuidados em relação a mulheres grávidas – isto envolve cuidados especiais – na prescrição de exercícios. O objeto da pesquisa é evidenciar o aspecto da necessidade da gestante a aplicação do exercício físico – a hidrogenástica. O trabalho aborda os conceitos estudados sobre o período gestacional no âmbito de suas necessidades, desde seus primeiros sintomas até a fase que apresenta as primeiras dores – especificamente as lombares. Para que serve um exercício aquático para uma gestante com dores lombares foi o ponto de partida na idéia da pesquisa. Toda uma seqüência foi elaborada, através de uma revisão bibliográfica, para fundamentar os argumentos e os fatos na base do estudo. Foram feitas análises na relação gestantes/hidrogenástica. Traduzindo em resultados, os benefícios da hidrogenástica em mulheres gestantes foram mostrados no remate da pesquisa constituindo o cimo do trabalho. A gestação não é uma doença, se tudo estiver normal, o exercício ajudará, e a água é o meio ideal para isso. Portanto, a hidrogenástica é perfeitamente adequada para o período gestacional.

PALAVRAS-CHAVE: Hidrogenástica, Período Gestacional, Dor Lombar.