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Recent Trend and a Glory to Childbirth: Pilates - A Review

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Abstract

Various researches indicate about the effects of Pilates during pre-natal and post-natal period. But few studies indicate the impact of Pilates to achieve the desired childbirth outcomes. Hence, the purpose of our study is to review various childbirth outcomes through Pilates Training. Google Scholar, Pub Med, Science Direct Databases were used to extract the research articles to review. Total 15 full text articles were selected for this narrative review. Qualitative analysis was done to extract the studies. The results indicate that Pilates Training helps in decreasing the intensity of the labour pain, second stage of labor during pregnancy, decreasing the rate of Caesarian sections and obstructed labour, episiotomies, etc. The study concluded that Pilates Training assists in childbirth process by strengthening the pelvic floor muscles without causing any complications to both mother and baby. The implications of this study is that it helps in creating awareness about Gynaecological Physiotherapy and Pilates Training which can be used as an assisting tool for the childbirth process.

Keywords: *Pilates, Pre-natal, Post-natal.*