

Missouri Baptist Medical Center

Physician Approval Form for Participation in Prenatal Yoga

Yoga for Prenatal Moms

Yoga is a multifaceted approach to exercise that encourages stretching, mental centering and focused breathing. Prenatal yoga may also help prepare women for labor and promote their baby's health. Research suggests that yoga is safe and can have many benefits for pregnant women and their babies. For example, studies have suggested that prenatal yoga can improve sleep, reduce stress and anxiety, and increase the strength, flexibility, and endurance of the muscles needed for childbirth. Women who participate in prenatal yoga may experience decreased lower back pain, nausea, carpal tunnel syndrome, headaches and shortness of breath. Prenatal yoga classes include focused breathing, gentle stretching, postures, relaxation and a cool down. Prenatal Yoga classes at Missouri Baptist Medical Center follow ACOG standards for safe exercise.

Patient Name: _____ Patient Date of Birth: _____

Physician approval is required for participation in Prenatal Yoga program at Missouri Baptist Medical Center **and must be renewed for each 5 week session**. Patients **must** bring the signed and completed form to the first class of their session.

Additionally, if circumstances change after the beginning of the program which would require you patient to stop her participation in the prenatal yoga program, please either contact Emily Petersen, RN immediately at (314)996-5751, or have your patient immediately notify the prenatal education program.

____ Patient should NOT participate in an exercise program at this time.

____ Patient has my permission to engage in Prenatal Yoga program without limitations.

Physician Signature: _____ Date: _____

Physician Name (printed): _____