



## DISPLAY 14-2

### Absolute Contraindications to Exercise During Pregnancy

1. Pregnancy-induced hypertension (blood pressure  $>140/90$  mm Hg)
2. Diagnosed cardiac disease (ischemic, valvular, rheumatic, or congestive heart failure)
3. Premature rupture of membranes (i.e., risk of prolapsed cord), leaking of amniotic fluid (especially important if exercising in water)
4. Placental abruption
5. History of preterm labor during current pregnancy (initiation of labor before the 37th week)
6. History of recurrent miscarriage (no exercise in first trimester, but may be able to exercise after that)
7. Persistent vaginal bleeding
8. Fetal distress
9. Intrauterine growth retardation
10. Incompetent cervix
11. Placenta previa (i.e., partial or complete covering of the cervix by the placenta)
12. Thrombophlebitis or pulmonary embolism
13. Acute infection
14. Preeclampsia or toxemia (i.e., hypertension with proteinuria or edema) and eclampsia (i.e., hypertension, proteinuria, and edema associated with convulsions and possible loss of consciousness and cardiac arrest)
15. Polyhydramnios (i.e., amniotic fluid volume  $>2,000$  mL)
16. Oligohydramnios (i.e., abnormally low amount of amniotic fluid)
17. Severe isoimmunization
18. No prenatal care

*Data from references 6, 7, 50, and 109.*