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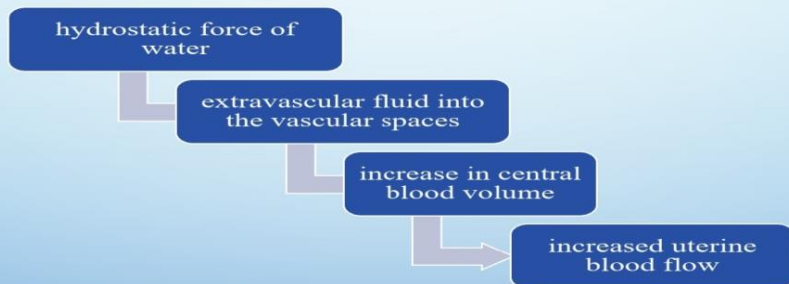
SUBJECT – Study on effects of head out under water immersion in pregnancy in Intra uterine growth restriction and oligohydramnios.

INTRODUCTION- Prevalence of IUGR globally is 12-15% and oligohydramnios is 5-8% resulting in perinatal complications. Current study evaluates effects of head out under water immersion in these patients.

OBJECTIVE: To evaluate effects of being in head out water immersion in pregnancy in case of IUGR and oligohydramnios.

- **Material-** The patients sat in birthing pool/swimming pool/tub for 1 hour/day.
- **Method** – Retrospective analysis done over 14 years. 22 patients diagnosed with IUGR/oligohydramnios at 24 to 32 weeks. Followed up weekly with USG scans.

MECHANISM



RESULT-

Total-22	No.(pt)	%
INC AFI	12	55
IMPROVED DOPPLER FLOW	4	18
Mode of delivery		
LSCS	19	86
NVD	3	14



AVERAGE FETAL WEIGHT	1.8-2.4 kg
PROLONGATION OF PREGNANCY	7-9 weeks

Conclusion- Head out under water immersion improves outcome in cases of IUGR and oligohydramnios.

Reference- The effects of swimming during pregnancy on fetal growth J.M.Wright et al ,2011.
- Is swimming during pregnancy a safe exercise? M. Juhl et al, 2010.