EXERCISES FOR FERTILITY IN PCOS

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PCOS affects 1 in 5 women.
Studies have shown that high intensity workouts alter:

- Hormonal levels
- Disrupt ovulation
- Alter menstrual cycles
Studies also shows that leading a sedentary life also is not good for fertility.

So it is all about moderation.
NORWEGIAN STUDY

- Headed by Sigridur Lara Gudmundsdottir published in the Journal of Human Reproduction

- 3000 women studied between 1984 to 1986

- After 10 years asked about pregnancies

- Conclusion: **Exercise has to be moderate**
RESEARCHERS AT UNIVERSITY OF CAROLINA

- High Intensity, Strenuous, Prolonged exercise increases cortisol level

- Which lowers Thyroid hormonal levels

- Lowers metabolism
Study on 25 women with PCOS by Khaled Ashawesh published by Society of Endocrinology in United Kingdom

- 6 month exercise programme

- Blood samples taken after fasting for plasma adiponectin and components of leptin system (plasma free and plasma bound leptin)

- Conclusion: **Plasma adiponectin improved leading to a very good affect on reproductive system of women**
Effect of graded exercise in PCOS women

RCT was done with a group of 21 women

Study showed that reduced mean body mass, along with improved ovulation and pregnancy rate in the control group.

The effectiveness of the exercise program depends on the prediction of the exercise program

There are three phases: warm up, stimulus, cool down
Stimulus – stimulates the transport system

This should be prescribed in specific terms of frequency, intensity, duration and mode of exercise

Exercise guidelines are as follows:

- **Frequency**: 3-5 times a week
- **Intensity**: 60% to 85% of maximal heart rate corresponding to the RPE Borgs scale. Ideal heart rate 130-150.
- **Duration**: Start initially with 15 min, slowly increase to 45 min of sustained activity during each exercise session, in addition to warm-up and cool-down
KEY OBSERVATIONS

Regular moderate exercise:

(i) to strengthen muscle  (ii) build stamina

(iii) increase circulation  (iv) increase flexibility

(v) reduce stress  (vi) promote detoxification

is the ideal exercise for pregnancy preparation
Exercises that are best for women trying to conceive:

(i) Brisk walking: 5 times a week for 30 mins to 1 hour
(ii) Zumba: 2-3 times a week
(iii) Aerobics: 2-3 times a week
(iv) Leisure bike riding
(v) Yoga
(vi) Light jogging
(vii) Swimming
YOGA

RECOMMENDED YOGASANA

Butterfly pose

Dhanurasan

Balasana

CHAKKI CHALANASANA

RECOMMENDED YOGASANA

Bhujangasana

RECOMMENDED YOGASANA

Viparita Shalabhasana
EXERCISES TO BE AVOIDED

- Bikram yoga
- Core strengthening including Pilates
- Exercise: 7 days a week
- Extreme boot camp training
- Running for many kilometers a day
- Any type of strenuous training for sports
A majority of studies indicate that:

- moderate exercise benefits fertility
- high intensity exercise adversely affects fertility

Limited evidence about the effect of exercise on fertility in women with PCOS.

Further research is necessary.
THANK YOU

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