

# FASCINATING FASCIA DURING PREGNANCY

Becoming pregnant, pregnancy itself, childbirth, postnatal recovery, and the journey of becoming and being a mother - this is a unique time full of change, transformation, and adaptability on many levels. In this blog, we will explore the fascinating role that fascia plays in this process.

During pregnancy, your fascia has a lot to accomplish, helping your body remain adaptable. When you look in the mirror and observe yourself - your form, your growing belly - you are seeing the work of your fascial system.

Fascia also plays a significant role in emotions, which we will discuss in more detail later. Throughout pregnancy, the "architecture of your body" changes dramatically - your posture, body's center of gravity, and alignment shift. Your fascial system balances these changes largely through its lifelong adaptability. That's why it is worthwhile to dive deeper into this topic and support your fascial network through specific training.

## What is Fascia?



A great visual comparison is an orange, lemon, or lime cut in half. The thin white membranes wrapping the entire fruit, dividing it into segments, are similar to fascia. Even the small juice-filled sacs inside each segment are wrapped in fascia.

Source: <https://pixabay.com/>

- A three-dimensional, web-like, interconnected whole-body network
- Encloses the entire body like a bodysuit, shaping our silhouette
- Surrounds muscles, bones, organs, nerves, blood vessels, and other structures
- Includes fibrous connective tissues like tendons, ligaments, and muscle septa, as well as well-known fascia like the plantar fascia, the iliotibial (IT) band, and the thoracolumbar fascia
- Can be strong and firm or as fine as a spider's web, depending on the body's demands
- Varies in thickness depending on the stress placed on different body regions (e.g., thoracolumbar fascia)

## Functions of Fascia



**Shaping & Structuring:** Wraps, supports, protects, and cushions the body

**Connecting & Separating:** Provides structure while simultaneously creating compartments

**Movement:** Transfers force, stores kinetic energy, stretches, and releases tension

### **Communication &**

**Proprioception:** Coordinates movement and rhythm, receives and transmits stimuli/information, and connects to emotions

**Supply & Regeneration:** Supports metabolism, immune function, wound healing, nutrient transport, and fluid storage

Source: <http://www.fascialfitness.net.au>

## Fascia During Pregnancy: A Holistic Perspective

In your body, every part is interconnected through fascial tissue, forming one continuous, adaptable network with varying densities. A change in one area affects the entire system, making a holistic perspective essential for overall health. Now, think about your growing baby bump - how it affects your entire body:

- The expanding belly shifts forward
- Abdominal muscles and fascia stretch and thin out
- Back muscles and fascia work harder and experience more tension
- The baby takes up more space, leading to shallower breathing
- The pelvic floor endures greater demand

## The Importance of Core Stability During Pregnancy



To maintain balance and prevent discomfort, keep these key principles in mind for both training and daily life:

**Maintain an elongated, upright posture** - start with solid contact points: feet, pelvis, ribcage, and head aligned with gravity.

**Deepen your breath** - conscious, deep breathing mobilizes the ribcage, promotes relaxation, strengthens the diaphragm, and engages the pelvic floor.

**Incorporate active, dynamic pelvic floor training** - awareness, voluntary activation, relaxation, reflexive engagement, and release - each aspect plays a vital role.

**Daily habits also matter:** maintaining proper posture while using the toilet, ensuring good nutrition, managing pressure during coughing or sneezing, and getting up via the side all contribute to long-term core and pelvic floor health.

## Resilience – A Key Concept for Pregnancy and Fascia

A woman's body and connective tissue are designed for pregnancy. Your fascial system is inherently resilient - it is:

- Supple
- Gliding
- Highly elastic
- Stretchable
- Load-bearing
- Strong
- Tear-resistant
- ... and adaptable – resilient

With conscious training, we can further enhance this resilience - "Movements should feel fluid rather than mechanical."

Resilience empowers us, increasing adaptability and helping us navigate the unexpected. Birth often unfolds differently than planned. Having a birth plan is valuable and developing physical and mental resilience enables you to embrace the process with trust and flexibility, fostering an empowering birth experience.

This is why we train on the mat and reformer- to integrate these skills into daily life and childbirth.

## Fascia as a Sensory and Emotional Organ

Your fascial network is more than just structural tissue - it is our richest sensory and emotional organ, sometimes even referred to as our "sixth sense." Fascia training is not only about movement itself but also about how movement feels.

- Smooth, fluid movement vs. rigid, strenuous effort - how does your body respond?
- Restricted fascia can limit mobility, decrease movement enjoyment, cause discomfort, and slow recovery.



For optimal birth preparation, freedom of movement and body awareness are essential. If fascia around the pelvis and sit bones is too tight or restricted, it may limit the ability to fully open the pelvis during birth. Training fascial glide and elasticity can significantly support this process.

### Want to Try It?

In this video, you'll experience a short Fascial Pilates & Slings/FAMO training session. [Get on the mat—you'll need a massage ball! \(german version\)](#)

During pregnancy, it's powerful to deepen your body awareness, which can be enhanced by training proprioception (self-perception). Fascia also influences how we feel, due to its connection to interoception.

## Emotions, Pregnancy, and Fascia

Hormonal changes during pregnancy bring emotions to the surface. The baby in the womb perceives and absorbs so much, making it essential to allow emotions to be felt and released. Training stimulates fascia, which can also influence emotional well-being.

Rather than suppressing emotions, create a space where they can be freely expressed - an opportunity to build resilience and trust in your body for pregnancy, birth, and beyond.

Breath & Relaxation: Essential for Pregnancy and Fascia

Fascia is deeply connected to the nervous system, constantly responding to everything around us. That's why breathing and relaxation techniques should be an integral part of every fascia-focused pregnancy training.

#### Empowering a Self-Determined Pregnancy and Birth

All these elements support a self-determined pregnancy and birth. My hope with this blog is to help every woman feel at home in her body, build resilience, and enhance adaptability—leading to a positive birth experience and a better quality of life as a mother.

Training these qualities - just as we do in the FAMO Fascia Movement Method by art of motion - is beneficial even before pregnancy. That's why all the amazing trainers who join my Pre- & Postnatal Trainer certification first explore fascial qualities and the holistic connections between the pelvic floor, core, and the entire body.

You can probably already sense how fascinating and essential your fascial system is—not only for postnatal recovery but for our entire human experience.

If you'd like to receive the blog "Fascia in Postnatal Recovery," feel free to contact me at [info@pilates-bern.ch](mailto:info@pilates-bern.ch)

The next Pre- & Postnatal Trainer course in English starts in November 2025



#### References & Inspirations

FAMO Fascia Movement, art of motion Karin Gurtner

Muriel Morwitzer, art of motion

Sarah Duval – Core Exercise Solutions

Pilates Bern

Pre- & Postnatal Trainer