



*Cheyenne
Women's
Clinic P.C.*

Rene R. Hinkle
MD, FACOG

Jeffrey D. Storey
MD, FACOG

Jacques D. Beveridge
MD, FACOG

Janet L. Anderson
MD, FACOG

LeAyn J. Dillon
DO, FACOG

General Activity Restrictions for Pregnancy

In general pregnancy is not restricted from normal activity; however as the pregnancy progresses certain common sense items certainly apply. These include:

First trimester- from conception through 13 weeks include allowance to adequately hydrate on a regular basis and providing the employee/patient time off to drink and use the restroom as needed. There are no significant lifting restrictions other than that of lifting with proper physiologic guidance using only the legs and not the back.

Second trimester- (13-26 weeks) restrictions then include no lifting greater than 25 pounds with breaks every 2-4 hours for at least ten minutes to enable the patient to hydrate properly and use the restroom.

After 26 weeks there should be no extended hours of work with a 40 hour week being the maximum for the patient. No travel further than 50 miles is allowed. Their lifting restrictions should be no more than 20 pounds maximum. No climbing on ladders or stools is allowed.

Throughout the entire pregnancy there should be no exposure to toxic or volatile chemicals and other environmental toxins. There should be adequate ventilation and the patient should not participate in environments of extreme heat or cold.

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