

Protocol summary

IRB No	PTR-JUST/IRB/2025/04/07
Title	Effectiveness of Antenatal Exercise on Labor and Birth Outcomes in Uncomplicated Pregnancy
Condition	3 rd trimester pregnancy according to clinical record.
Eligibility criteria	<p>Inclusion Criteria:</p> <ul style="list-style-type: none"> • Age 18–35 years • Both Primi gravida and Multigravida • Being in the 28th–30th week of pregnancy • Uncomplicated pregnancy (defined by the absence of both pre-existing medical co-morbidities (e.g., type 2 diabetes, essential hypertension), pre-existing/early obstetric (e.g., multiple pregnancy) or new-onset obstetric (e.g., gestational diabetes, pre-eclampsia) complications. <p>Exclusion Criteria:</p> <ul style="list-style-type: none"> • Women who is predetermined for cesarean section. • Unwilling to participate in antenatal exercise. • Individuals with contraindications to exercise according to ACOG guidelines
Study sites with contact person of study site (s)	<p>BRB Hospitals Limited Dr. Raju Ahmed, Senior clinical Physiotherapist Email: rajuahmed.pt19@gmail.com Phone:01718877376 OGSB Hospital Gynecological Physiotherapist Email: mifhtazannat@gmail.com Phone:01624828178</p>
Anticipated date of recruitment	15.07.2025
Study method	Randomized Clinical Trial
Reporting guideline	CONSORT
Intervention details	<p>1)Experimental group:</p> <ul style="list-style-type: none"> • Routine Antenatal care with Structured Antenatal exercise according to American College of Obstetrics and Gynaecologists (ACOG) Guideline. <p>Moderate intensity (Able to talk but not sing), 150 min per week, divided into 30 min sessions each day.</p> <p>Exercises include:</p> <ul style="list-style-type: none"> • Aerobic Exercise

	<ul style="list-style-type: none"> • Strengthening Exercise • Stretching exercise • Pelvic floor exercise • Breathing and relaxation exercise <p>2) Control Group: Standard Antenatal care without exercise.</p>
Intervention provider qualification (s)	Clinical Physiotherapist completed bachelor of physiotherapy degree with 1 year internship and specially trained in women's health physiotherapy.
Tools	<ul style="list-style-type: none"> • International Physical Activity Questionnaire (IPAQ) • Pregnancy Physical Activity Questionnaire (PPAQ) • FIGO Nutrition checklist • Pittsburgh Sleep Quality Index (PSQI) • DASS 21 • WHO Partograph
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