

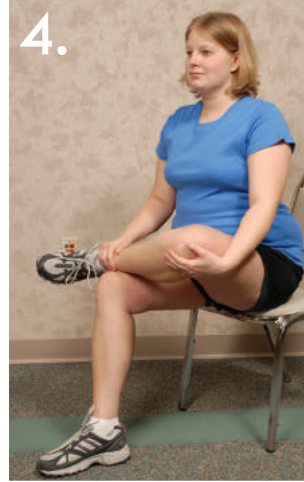
Exercises for back pain *during pregnancy*

Do not do these exercises if you are on pelvic bed rest.

Make sure your spine is in neutral position, which is halfway between being fully arched and fully flat, when strengthening your muscles and while performing daily activities. When neutral, your spine has the least amount of stress placed on it.



1. Sit against the wall with one hand on your belly and one hand on the small of your back. Find the start position by taking a deep breath and exhaling slowly, bringing your belly button toward your spine. Now, bring your belly button toward your spine and return to the start position. Hold for 10 seconds. Complete 10 repetitions, two times per day.



4. Sitting in a chair, cross one leg and support your ankle and knee with your hands. Sitting with good posture, lean forward until you feel a gentle stretch. Hold 30 seconds and return to an upright position. Complete two or three repetitions, two or three times per day.

Start on your hands and knees, round your back up tucking your tail underneath you. Then let your lower back sag downward lifting your tail upward. Complete 10 repetitions, two times per day.



2. Sitting at the edge of a chair, extend one leg forward with your knee straight. Keeping your back straight, lean forward from your hips until you feel a gentle stretch. Hold 30 seconds and return to the straight-back position. Complete two or three repetitions, two or three times per day.



3. Leaning against the wall in the neutral spine position, slowly lower your buttocks toward the floor. Complete 10 to 15 repetitions, two times per day.



5. Get into a half-kneeling position and support yourself by placing your hand against a wall. Keeping your back straight, shift your weight forward onto the front of your thigh of the leg kneeling on the ground until you feel a gentle stretch. Hold 30 seconds, and return to the straight-back position. Complete two or three repetitions, two or three times per day.

If you have difficulty completing these exercises or your back pain gets worse, you may want to talk with your physician about scheduling an appointment with a physical therapist.

Prevea Therapy for Women's Care
(920) 272-3380