

SHIRLEY RD CHIROPRACTIC

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Pregnancy I

Pregnancy is a time when your body is undergoing many changes and stresses. These exercises are designed to maintain strength and stability of your spine as you go through this natural process. The movements are best done slowly while aiming to do 3 sets of 10 of each exercise. It is important to note that exercises performed during pregnancy should not be done with the breath held at any time.

Every pregnancy is individual and the right type and amount of exercise varies for each person. During the exercises, if you feel pain or discomfort it is important to stop and seek further advice from Shirley Rd Chiropractic.



1. Pelvic Tilt

Push your low back into the floor as you breathe out. Then breathe in and relax your back.

Repeat up to 3 sets of 10.

This can also be performed standing up with your back supported against a wall which is preferable after 12 weeks of pregnancy.



2. Pelvic Lifts

From a relaxed lying position lift the pelvis from the floor without extending the back. Repeat up to 3 sets of 10.



3. Abdominal Braces

From a relaxed position on your hands and knees, draw your belly towards your spine and hold for 5 seconds then relax.

4



4. Leg Stretches

Reach towards a straightened leg until you can feel a gentle stretch in the back of the leg. A stretch of the calf can also be achieved by pointing toes up to the ceiling.

5



5. Upper Body

Do half push-ups with the knees supported on the ground. Repeat 3 sets of up to 10 in each set.



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