

SHIRLEY RD CHIROPRACTIC

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Pregnancy II

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. Supported Squat

With feet shoulder width apart and the exercise ball placed in the hollow of the low back, slowly lower body into a seated position. Then slowly lift body up into starting position.



2. Squat Variation I

Squat may be performed with hands supporting the upper thigh.



3. Squat Variation II

Arms can be placed on back of chair to assist with balance



4. Squat Variation III

Legs can be worked individually with one arm supported on a chair.





5. Push-Offs

With palms flat against the wall at chest height slowly bend elbows, then slowly return to original position. The further away from the wall your feet are positioned, the more difficult this exercise becomes.



6. Triceps Dips

With arms supported on a stable chair or coffee table, lower body towards the ground by bending elbows. It is important to keep elbows shoulder width apart at all times.



7. Pelvic Rock

From a comfortable, stable sitting position on the exercise ball, gently rock pelvis forward and backward.

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