

# Exercises<sup>2,3</sup>

## 1. PROPER SQUAT/LUNGE/RDL

basic functional strengthening exercises to lessen stress on back and strengthen body for improved posture and balance as the pregnancy advances

can be done against a wall or even just bouncing while seated on a swiss ball

perform 2 sets of 10



## 3. KEGEL EXERCISES

beneficial to support organs and muscles that may be weak from child development and birth

proven to improve delivery and healing time following child birth

imagine the sensation of holding in urine to activate those muscles

can be performed seated, lying down, standing, and swiss ball

perform 8 times & hold for 3-5 seconds



## 2. PELVIC TILTS

prolonged sitting can cause strain on low back and decrease core activity

proper pelvic mechanics: abdominal engagement to relieve low back

can be performed seated, lying down, standing, and on swiss ball

perform 10 times with 10 second hold



# Stretching<sup>2,3</sup>

## PASSIVE STRETCHING

relieves musculoskeletal pain as body adapts to growing baby, straining lower back, hips, neck, & shoulders

stretching and lymphatic drainage improves circulation and reduces swelling

can be performed seated, standing, or lying down

perform 3 times with 15 second hold



Always check with your healthcare provider before starting or changing your exercise routine. Stop right away if you feel dizziness, chest pain, unusual shortness of breath, bleeding, fluid leakage, or painful contractions. Avoid lying flat on your back for long periods after the 1st trimester, stay hydrated, and listen to your body — rest or modify as needed.