



Chiropractic Care : Pilates : Yoga : Sports Massage :
Shiatsu : **Pregnancy Care** : Back Care

Women experience an increase in lumbar curving during pregnancy due to the increased weight being carried out in front. This puts more pressure on some of the joints of the spine, causing discomfort and, for some women, pain. Essentially, the centre of gravity has been moved and, even after giving birth, problems caused as a result of irritated joints and nerves can take a while to resolve.

- 1**
- Helpful exercises include: 'cat stretches' and lying on the back and bringing knees towards the chest either side of bump for as far as is comfortable.
 - Sleeping with a pillow between the legs may help too.

As breasts grow larger, women may experience upper back aches and pain as there is more pressure being put on the upper back.

- 2**
- Getting measured for bras regularly throughout your pregnancy will help make sure you are wearing the right size and, therefore, getting the maximum support possible.
 - Also, do some stretches, such as bringing arms in a circle across the front of you and then push back against your hands.
 - Neck stretches are also useful and can be achieved by bringing the head forward and to the side in order to stretch down the upper back.

As pregnancy progresses into the final stages, relaxin is released in order to prepare for birth and does exactly what it says; 'softening' the muscles, ligaments and tendons! At this time, the body is more unforgiving and it is easy to overstretch or lift something and cause more of a problem than normal. Knee and ankle pain is less common during pregnancy, but can occur at this time due to the relaxation of muscle support and the increase in weight in the final trimester.

- 3**
- Try to keep stretching leg muscles to make sure unnecessary extra pressure is not put on the knees.
 - Elevate legs whenever possible to offset any weight pressure and reduce any swelling - ankle circles will also help.
 - If suffering with back, neck or joint pain, chores such as vacuuming should be avoided, as well as walking long distances and carrying bags

