



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

## General Pregnancy Posture Advice

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- The fitter you are and the more muscle tone you have before pregnancy, the more likely you are to be able to cope with the body's postural changes.
- Core exercises are very useful and you can talk to a chiropractor, GP, midwife or other healthcare professional for advice on this.
- During pregnancy specialist yoga classes, taken from 12 weeks onwards, can be very beneficial.
- Swimming and aqua natal classes are also of benefit, as being in the water takes the pressure off strained joints whilst providing good exercise and relaxation.
- Avoid high heels and wear comfortable, supportive shoes.
- If you have children already, it can be difficult as they will need lifting and carrying.
- Always lift with your spine straight and bend knees to avoid leaning, stretching or bending.
- Do not sit for prolonged periods, take a regular break and, when sitting, let the seat take your weight and, if possible, keep as much of your body in contact with the chair so that your whole body is supported. Knees should be lower than your hips.

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- Relaxin stays in the body for a prolonged period of time after pregnancy, especially if you breastfeed, so you must continue to be very careful when it comes to carrying, walking and lifting.
- Try doing lots of gentle stretches and do pelvic floor exercises whenever possible.
- Before lifting your baby, gently suck your tummy in to provide a corset of support for your back.
- After three months start doing more brisk walks out with the pram, continue to stretch and, as well as pelvic floor exercises, start to do sit ups and stomach exercises. Doing exercises and getting out and about each day will not only help you physically but will also help a general feeling of well-being. Arrange group walks with friends and other mums/dads - make it a regular social event.
- Watch out for special buggy exercise classes in your area.



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