

Pregnancy advice

How to stay pain free during and after pregnancy

Train pelvic floor for healthy pregnancy and birth for you and your baby:

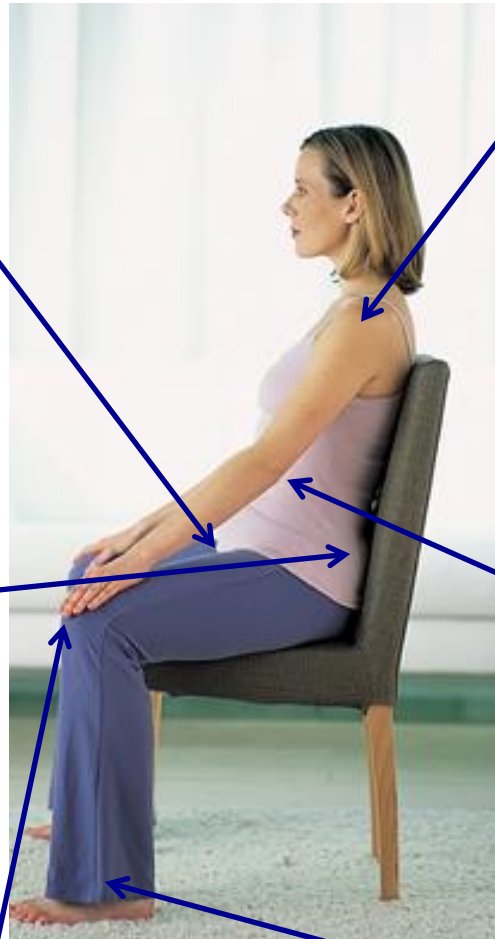
- Contract and hold: 10 x 10 seconds
- Contract and release: fast x 10
- Increases chance of normal birth time and therefore increases safety of you and your baby
- Reduces risk of incontinence and prolapse

Prevent back SIJ & Pelvic Pain

- Retrain pelvic position
- Use the pelvic floor muscles to stabilize the region
- Move with your knees and feet held together particularly when rolling over
- Engage gluteal muscles
- Lie on side with pillow between legs
- Massage the adductor muscles - inner thigh

Prevent Knee Pain:

- Keep soft and turned out
- Supportive shoes - not high heels OR pumps!
- Consider insoles



Prevent Shoulder Pain:

- Ensure you have good lumbar and pelvic support then lean back into chair
- Use a breastfeeding pillow
- Do shoulder blade stability exercises
- Keep upper back moving with stretches and massage

Breathe more easily:

- Use breathing techniques for relaxation and meditation
- Learn how to breathe from the diaphragm and expand the back of your lungs
- Keep the upper back moving with stretches and massage to enable the rib cage to move freely

Reduce foot and ankle swelling

- Keep moving to maintain circulation
- Take regular low intensity exercise
- Regular breaks e.g. lying on your side to feed



- **Don't suffer unnecessarily.** Massage can help pregnancy related back, hip and pelvic pain
- Learn to train your pelvic floor muscles to enable a **healthy birth for you and your baby**
- Train your stability muscles safely to **prevent back pain** during and after pregnancy
- Learn exercises and positions to **prevent pain** sitting, exercising, feeding & carrying
- Understand **what exercise is safe** to do during pregnancy: tailored to your fitness levels