

Purpose

To stretch and strengthen the lumbar (lower back) and abdominal muscles to minimize low back pain during pregnancy.

Instructions – General Information: Perform these exercises daily throughout the pregnancy, beginning as soon as the pregnancy is confirmed. Wear loose, comfortable clothing while you exercise.

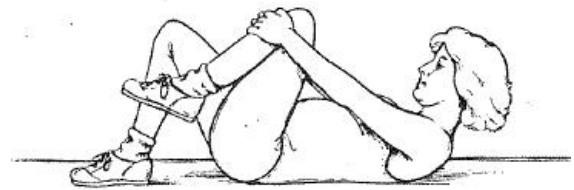
Pelvic Tilt

Lie on your back with your knees bent and your feet flat on the floor. Tighten your stomach and hip muscles and push your lower back flat against the floor. Hold this position for 5 seconds, then relax. Repeat 10 times.



Knee Pull (knee to chest)

Do a pelvic tilt, then slowly bring one knee up toward your shoulder. Put your hands around the knee and gently pull your knee toward your chest, then lower your leg slowly to the starting position. Perform this same maneuver with the other leg. Repeat 10 times.



Straight-leg Lift

Lie flat with feet on the floor and both knees bent. Straighten one leg and raise it until the heel is approximately 10 inches above the ground. Hold this position for 10 seconds, then slowly lower your leg to the floor. Perform this maneuver with the opposite leg. Repeat 5 times.

Curl-ups

Do a pelvic tilt, then bend your chin toward your chest and slowly reach toward your knees, lifting your head and shoulders off the floor. Slowly lower yourself back to the floor and relax. Repeat 10 times.

