

Home exercise program pregnancy and post natal exercises

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Provided by Lynn Burkinshaw
Provided for Stop exercises if painful



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Stand.

Round your back and bend forward, keeping your head and shoulders relaxed.

Repeat 4 times.



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lie on your left side in a position that is comfortable for you.

Practice tightening the pelvic floor muscle. Imagine stopping passing wind and then stopping passing urine. Hold for 10 seconds and repeat up to 10 times

Practice tightening the pelvic floor muscle quickly and strongly 10 times.
Repeat 3 times (total 30 squeezes)



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Lie on your side with your knees bent. Support your body weight on your forearm and knee.

Draw up your ribs away from the floor.

Tighten your stomach muscles and pelvic floor, and keep your neck and back straight.

Progress by lifting up the hips. You will feel the muscles around your waist tighten.

Hold 3 seconds.

Repeat 4 times each side

*Old document with
physiotherapy notes*



Lie on your side with your knees bent. Support your body weight on your forearm and knee. Straighten your top leg.

Tighten your stomach muscles and keep your neck and back straight.

Hold seconds

Repeat times.each side

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Lower Back Flexion/Extension

On your hands and knees, hands under your shoulders and knees under your hips.



Maintaining neutral position in your upper and mid back, round and arch your lower back by tilting your pelvis.



you can make this movement bigger by arching your back like a cat stretch and hollowing you low back

Repeat times.each direction

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Crawling position.

Arch your spine upwards while letting your head relax between your arms and circle your hips and tailbone as comfortable.

Repeat times.

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Crawling position.

Let your arms slide along the floor as far as possible. Push your bottom back and down and the chest towards the floor. Breathe out while doing the exercise.



put pillows under your chest and tummy for comfort. Put your toes together, knees apart if this is a pain free position for you.

Repeat times.hold up to 30 seconds or as comfortable

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Kneeling Hip Thrust

Sit on your heels, with your knees hip-width apart, feet touching or close together. Spine in neutral position with hands crossed over your chest.



Please ignore the hand weight shown in this picture.

Tighten your buttocks and fully straighten your hips.

Note: Keep abdominals tight to avoid arching your lower back.

Repeat 8 times.

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Thoracic Spine Rotation

On all fours, hands under your shoulders and knees under your hips. Spine in neutral position.



Reach one arm under the other armpit and then bring the arm back and reach towards the ceiling slowly

Progress this exercise by bending the supporting arm and dropping the opposite shoulder to the floor

Note: Focus on the movement from your thoracic spine.

Repeat 8 times. each side

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Bird-dog

On your hands and knees, hands under your shoulders and knees under your hips. Spine is in neutral position.



Lift one arm and opposite leg. Lift only as high as you can control the position of your spine.

Note:

- Keep your lower back in neutral position.
- Try to keep the weight shift sideways as small as possible.

Repeat 8 times.

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Trunk Control in Four Point Kneeling, Leg Lift

On your hands and knees, hands under your shoulders and knees under your hips. Spine is in neutral position.



Straighten and lift one leg. Lift only as high as you can control the position of your spine. Repeat with your other leg.

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Progress this exercise by lifting the opposite arm

Note:

- Keep your hips level and lower back in neutral position.
- Try to keep the weight shift sideways as small as possible.
- exercise both sides

Repeat 8 times.