

# Posture in pregnancy

## Why is posture important?

Postural changes that occur because of a growing bump may contribute to pelvic and/or back pain. While pregnant and after having a baby, it is important to try to maintain a good posture to reduce the risk of pain and discomfort.

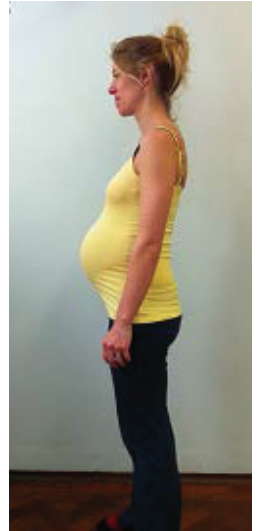
### Standing posture

#### Tips:

- Stand tall.
- Tuck your bottom under.
- Lift your bump towards you.
- Ensure your weight is equal between both feet.



*Poor posture*



*Good posture*

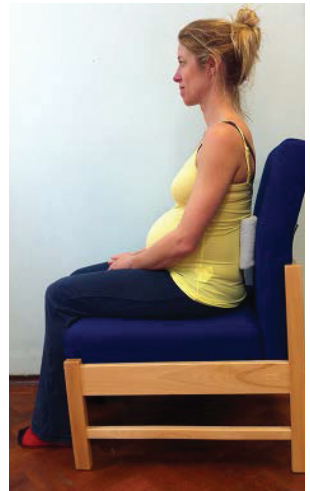
### Sitting posture

#### Tips:

- Sit back into the chair.
- Have a folded towel to support your lower back.
- Ensure both feet are on the floor.



*Poor posture*



*Good posture*

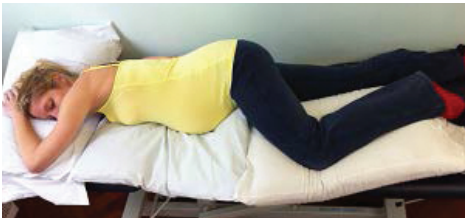
## Sleeping positions



- Support your back with pillows so you are half way between sitting and lying.
- This may help with breathlessness.
- This may be an alternative to lying on your back.



- Lying on your side, with pillows between your knees.
- Keep your top knee in line with your hip.



- Lying on your side, bend your top leg forwards as far as comfortable.
- Place pillows under your top leg and bump for support.

## Getting up from lying



**1** Roll onto your side.



**2** Drop your legs off the side of the bed. Use your arms to push yourself up into sitting.



**3** Sit upright with both feet on the floor before coming up into standing.

**Please contact the physiotherapy department if you require any further information.**

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