



Pregnancy Exercises

The following exercises are recommended to address your pain / symptoms as part of your peri-partum and post-partum program. For every exercise, pictures of the starting position and ending position as well as a description of the movement will be provided.

Exercise Legend:

- 1) Stretch = perform for 30 seconds and repeat several times a day.
- 2) Endurance exercises = hold the contraction for 10 seconds and repeat as many times until you fatigue ("Super Set"). These should be done every other day.

<p>Hip Flexor Stretch⁴</p> <ul style="list-style-type: none">• Place the foot on the good side forward by your hand.• Reach back with the hand on the good side, grab the foot on the painful side, and pull it towards your buttocks.• Lunge forward and hold for 30 seconds.		
<p>Piriformis Stretch⁵</p> <ul style="list-style-type: none">• Place the ankle of the painful side on top of the opposite leg. Keeping your back straight and head up, bring your chest down to the shin.		
<p>Abdominal Roll outs² (Endurance Exercise)</p> <ul style="list-style-type: none">• Place your forearms on the ball.• Round up your back and thrust your pelvis forward.• Then roll forward until your abdominals contract.• Hold 5-10 seconds and repeat.		
<p>Ball Squeezes³ (Endurance Exercise)</p> <ul style="list-style-type: none">• While lying on your back with knees bent, place a ball between the knees.• Keep your feet together.• Squeeze the ball for 10 seconds and repeat.• Can be done in sitting all trimesters.** Should only be done during the 1st trimester in supine.		



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<p>Lateral Step Downs¹ (Endurance Exercise)</p> <ul style="list-style-type: none">• Stand on the painful side and keep your balance.• Site your knee so that it moves over your foot (NOT towards the inside of your foot).• Only lower partially down and return to the starting position.		
<p>Hamstring Curls⁴ (Endurance Exercise)</p> <ul style="list-style-type: none">• Place your calves on top of the ball.• Lift your buttocks up 1 inch.• Pull the ball towards you 2 inches.• Lift your buttocks up 1 more inch. Hold for 10 seconds, then repeat. <p>** Should only be done during the 1st trimester.</p>		

References

- 1) Chan MKY, et al. The effects of therapeutic hip exercise with abdominal core activation on recruitment of the hip muscles. BMC Musculoskeletal Disorders 2017; 18: 313.
- 2) Escamilla RF, et al. An electromyographic analysis of commercial and common abdominal exercises: implications for rehabilitation and training. J Orthop Sports Phys Ther 2006; 36: 45-57.
- 3) Serner A, et al. EMG evaluation of hip adduction exercises for soccer players: implications for exercise selection in prevention and treatment of groin injuries. Br J Sports Med 2014; 48(14): 1108-14.
- 4) Van Wingerden JP, et al. Stabilization of the sacroiliac joint in vivo: verification of muscular contribution to force closure of the pelvis. Eur Spine J 2004; 13: 199-205.
- 5) McGill ST, Karpowicz A. Exercises for spine stabilization: motion/motor patterns, stability progressions, and clinical technique. Arch Phys Med Rehabil 2009; 90: 118-126.