

## Pelvic Tilt, Leg Lift for Back Pain During Pregnancy

Before trying these exercises, talk to your healthcare provider to make sure they are safe for you. Ask your healthcare provider how many times to do each exercise.

### Pelvic tilt

This exercise stretches muscles in your buttocks and lower back. It also strengthens your stomach and helps set up good posture.

1. Get on your hands and knees with your back straight. A mat can help cushion your knees.
2. Try to pull your stomach muscles in. Tuck in your buttocks. This will tilt your pelvis up. As your pelvis tilts, your back will rise toward the ceiling.
3. Hold and count to 5, then relax.



### Leg lifts

This strengthens the muscles of your back, buttocks, and stomach.

1. Get down on your hands and knees. Put your arms directly under your shoulders. Keep your knees shoulder-width apart.
2. Round your back. Then lift your left knee and gently bring it toward your elbow. Look at your knee as you raise it. (Stop moving your knee if you feel pressure in your stomach.)
3. Keeping your knee slightly bent, extend your leg. Lift your leg until you feel a stretch in your low back. Don't lift your leg higher than your hip.
4. Hold for 5 counts, then lower your left leg. Repeat the exercise with your right leg.



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## Relieving Back Pain During Pregnancy: Wall Stretch, Body Bend

Before trying these exercises, talk to your healthcare provider to make sure they are safe for you. Ask your healthcare provider how many times to do each exercise.

### Wall stretch

This strengthens and loosens the muscles in your upper back:

1. Lean against a wall with a firm pillow or rolled towel under your shoulder blades. Your feet should be about 12 inches from the wall and shoulder-width apart. Point your chin down.
2. Breathe in. Push your shoulders, neck, and head against the wall. You will feel a stretch in your shoulders.
3. Hold for 5 counts. Then breathe out, and relax your shoulders and neck.



### Body bend

This strengthens your back and buttocks muscles:

1. Stand with your legs shoulder-width apart. Put your hands on your upper thighs and bend your knees slightly.
2. Slowly bend forward at the hips. Push your hips back and keep your shoulders up. Make sure your back is straight. You'll feel a stretch in your upper thighs. You'll also feel your back muscles holding you in position.
3. Hold for 5 counts, then straighten.



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## Tailor Sit, Trunk Turn for Back Pain During Pregnancy

Before trying these exercises, talk to your healthcare provider to make sure they are safe for you. Ask your healthcare provider how many times to do each exercise.

### Tailor sit

This exercise makes your thigh, pelvic, and hip muscles more flexible.

1. Sit on the floor with the soles of your feet together. Your back should be straight.
2. Gently lean forward until you feel a mild stretch in your hip and thigh muscles. Your back should remain straight. Don't push down on your legs with your hands.
3. Hold and count to 5, then relax.



### Trunk turns

This helps make your trunk (from your shoulders to your hips) more flexible.

1. Sit on the floor with your legs crossed. Your back should be straight.
2. Put your left hand on your right knee. Rest your right hand on the floor to support yourself and help you balance.
3. Slowly twist right. To do this, turn your head, shoulders, and chest as far right as you comfortably can. Keep your hips, knees, and feet in place.
4. Hold for 5 counts. Then change sides and slowly twist left.



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