





THE CHIROPRACTOR

SINCE 1895

PREGNANCY EXERCISES

<p>9 months of pregnancy + birth = over worked muscles.</p> <p>These exercises help strengthen muscles that will assist in overcoming the most common complaints during pregnancy and early motherhood.</p>	
<p>DEAD BUG (MODIFIED)</p> <p> video</p>	<p>Lie on your back with your arms and knees in a table top position. As you breathe out, place one heel on the ground without the pelvis or back moving. If you feel confident, you can move the opposite arm.</p> <ul style="list-style-type: none">• repeat with alternating sides for 20 reps
<p>KEGEL EXERCISES</p>	<ul style="list-style-type: none">• On a yoga mat, lie comfortably on your back with your knees bent and your feet flat on the floor. Inhale slowly.• Slowly exhale while you contract your pelvic floor muscles and hold for three to five seconds. It might feel like your muscles are being gently pulled up and into your body as you hold this position. You are using the muscles you would use to stop the flow of urine or prevent yourself from passing gas.• Inhale as you slowly release the contraction and relax your muscles.• Build slowly up to 10 repetitions, three times a day.
<p>WALL ANGLES</p> <p> video</p>	<p>Wall angles help reduce upper back tension and ‘switch on’ deep postural muscles. These can be done sitting or standing against a wall.</p> <ul style="list-style-type: none">• 15 reps twice a day
<p>GLUTE BRIDGE</p> <p> video</p>	<p>The glutes are important pelvic stabilising muscles to retrain after pregnancy and beyond.</p> <ul style="list-style-type: none">• 3 sets of 15 reps
<p>BREATHING</p> <p> video</p>	<p>Breathing has a rhythm and this rhythm is important. It should be efficient, adaptive, responsive and supportive.</p> <p>Here are some ways to improve your breathing and stress levels.</p>