

Only undertake these exercises after guidance from your physiotherapist.

If you experience any adverse effects you should stop and seek advice before continuing. Do not share these exercises with anyone else as they may not be suitable for them.

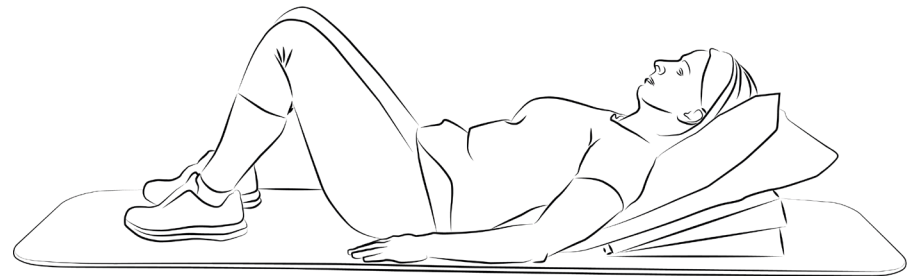
### Pelvic Floor and Lower Abdominals

Begin by lying on your back with your knee bent, ensuring that you are supported by pillows to avoid lying flat for long periods of time.

Begin by taking some slow deep breaths, in through your nose and out through your mouth.

As you breathe out, think of squeezing the pelvic floor and lower abdominals. Relax again as you breathe in.

Repeat up to 10 times.



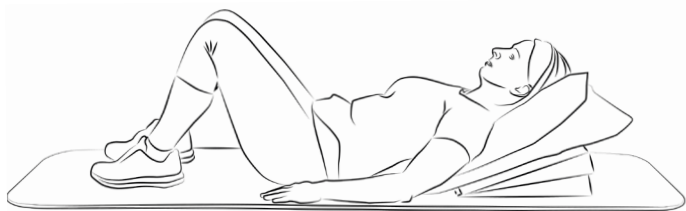
### Pelvic Tilt

Begin by lying on your back with your knees bent ensuring that you are supported by pillows to avoid lying flat for prolonged periods of time.

Begin by taking some slow deep breaths, in through your nose and out through your mouth.

As you breathe out, think of squeezing the pelvic floor and lower abdominals whilst flattening your low back. This will tilt the pelvis towards your head. Relax again as you breathe in and return pelvis to starting position.

Repeat up to 10 times.



### Lumbar Rotation

Begin by lying on your back with your knees bent, ensuring that you are supported by pillows to avoid lying flat for prolonged periods of time.

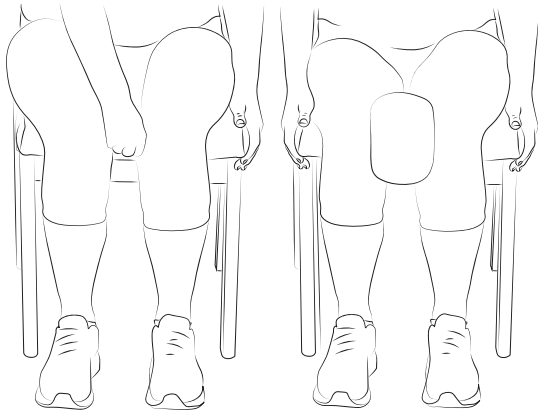
With knees together, rock both knees from side to side, keeping your upper body still, only taking them as far as comfortable.

Repeat up to 10 times on each side.



### Notes

### Muscle Relaxation Technique to release the Outer Thigh Muscles



By working one set of muscles you relax the opposite ones.

Begin in a good seated posture.

Place your hand or a ball between your knees. Gently squeeze the ball for 3-5 seconds.

Repeat up to 5 times.

### Inner Thigh Stretch

Begin by lying on your back with your knees bent, ensuring that you are supported by pillows to avoid lying flat for prolonged periods of time.

Feet should be together and knees allowed to drop gently apart. You should feel a gentle stretch in the inner thigh. It should not be painful. Keep the movement small if necessary. Hold for 2-3 breaths.

Repeat up to 3 times.



### Muscle Relaxation Technique to release the Inner Thigh Muscles

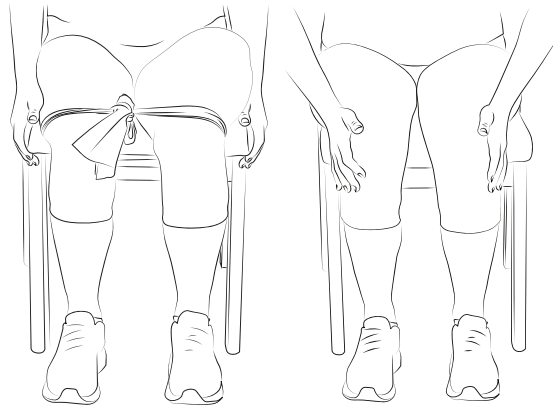
Begin in a good seated posture.

Sit with feet hip width distance apart.

Wrap an exercise band round your knees or press gently against the outer aspect of the knee. *Exercise bands can be purchased online.*

Gently squeeze out against the band or your hands for 3-5 seconds.

Repeat up to 5 times.



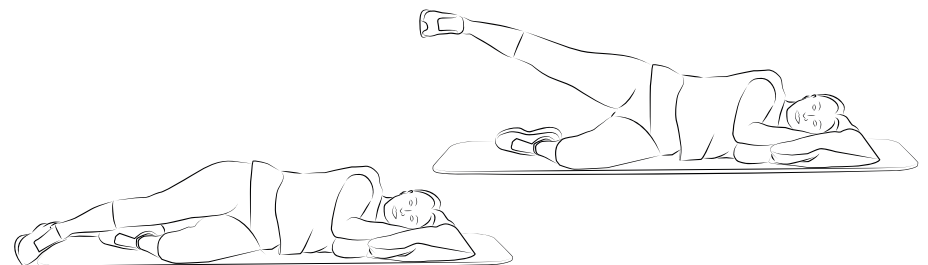
### Buttock Strengthening

Begin in side lying with bottom knee bent and top knee straight.

As you breathe out, think of squeezing the pelvic floor and lower abdominals whilst slowly lifting the top leg, keeping your lower back still and don't let your pelvis roll backwards.

Breathe in to lower.

Repeat up to 10 times on each side.



### Arm Openings

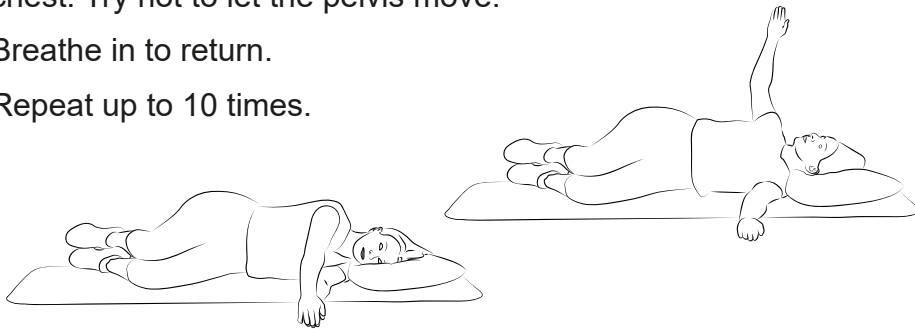
Begin in side lying with legs bent at the hips and knees as shown.

Arms should be long in front with palms joined together.

Breathe in to prepare, then as you breathe out, think of squeezing your pelvic floor and lower abdominals whilst lifting the top arm to open out the arm, rotating the trunk and stretching the chest. Try not to let the pelvis move.

Breathe in to return.

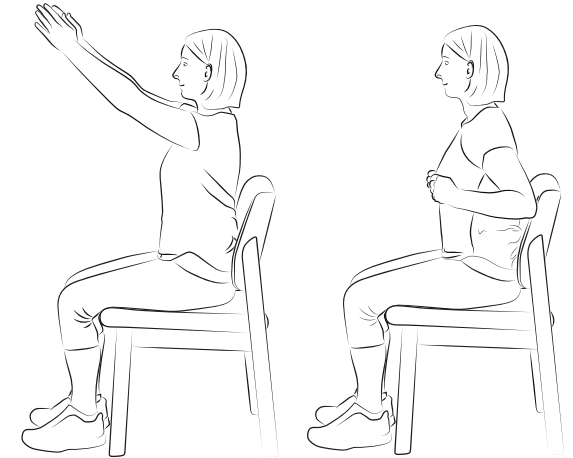
Repeat up to 10 times.



### Seated Row

Begin in a good seated posture. Lift the hands above your head. Pull down in a rowing action.

Repeat up to 10 times.



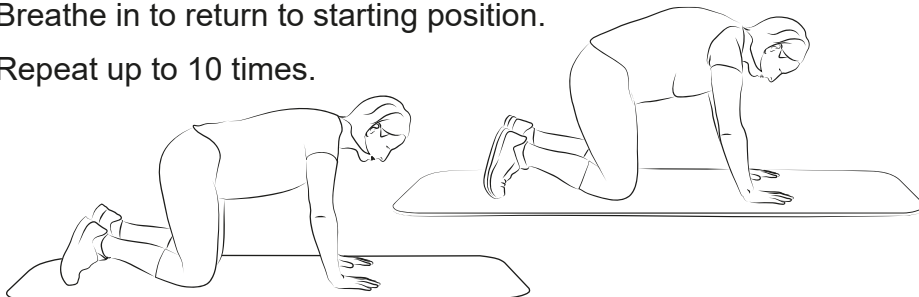
### Angry Cat

Begin on your hands and knees as shown, hands should be shoulder width apart and knees hip width apart. The back should be in a neutral position which means not too arched or too low, like a table top.

Breathe in to prepare, then as you breathe out, think of squeezing your pelvic floor and lower abdominals whilst arching the back so that the pelvis tilts toward the chest.

Breathe in to return to starting position.

Repeat up to 10 times.



### Buttock Stretch

Begin in a good seated posture.

Put one foot across the opposite knee in a figure of four. You can very gently lean forward slightly or push the knee of the leg being stretched down to deepen the stretch across the buttock.

Hold for 2-3 breaths.

Repeat up to 5 times on each side.

*If you find this too hard you can try using a small stool in front, to rest the leg on.*



### Upper Back Stretch

Begin in a good seated position.

Clasp your hands together with arms out in front of you.

Gently push the hands away to feel a stretch across your back and gently round the shoulders tucking the head in.

Hold for 2-3 breaths.

Repeat up to 5 times.



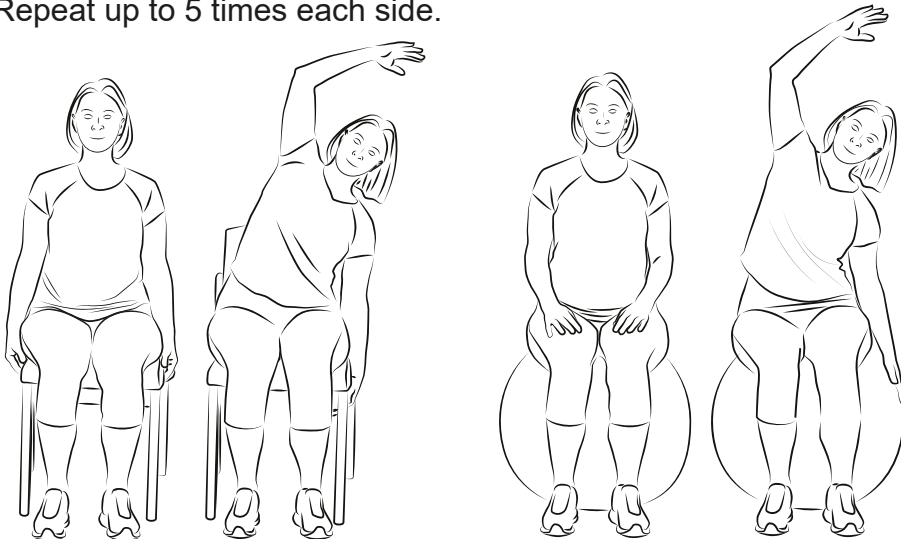
### Side Bend

This can be done sitting on a chair or gym ball.

Reach one hand over head, stretching up and across to feel a stretch down the opposite side of the body.

Hold for 2-3 breaths.

Repeat up to 5 times each side.



### Child's Pose

Begin on the floor in a crawling position. You may be more comfortable to have the knees apart, or might prefer them together.

Let your arms slide along the floor as far as possible to feel a stretch in your lower back.

Hold for 2-3 breaths.

Repeat up to 5 times.

*This can also be performed using a gym ball or a chair to hold.*



### Stretching the Sides in Child's Pose

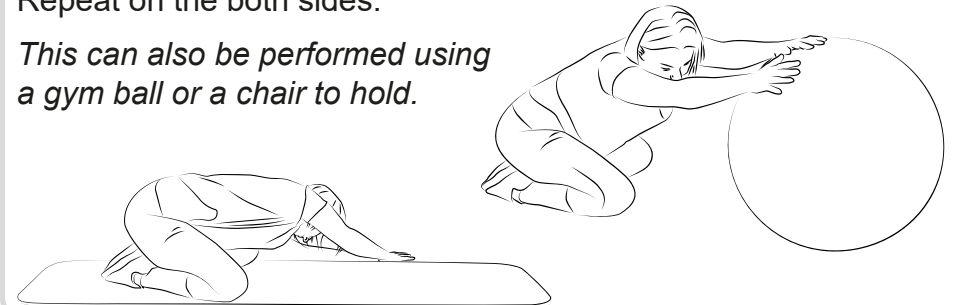
Begin on the floor in a crawling position. You may need to have the knees apart, or might prefer them together.

Let your arms slide along the floor as far as possible. Then walk your hands to one side to feel a stretch down the opposite side of your lower back.

Hold for 2-3 breaths.

Repeat on the both sides.

*This can also be performed using a gym ball or a chair to hold.*



### Hip Extension

Begin on your hands and knees as shown. Hands should be shoulder width apart and knees hip width apart. The back should be in a neutral position which means not too arched or too low, like a table top.

Breathe in to prepare, then as you breathe out, think of squeezing your pelvic floor and lower abdominals whilst extending one leg out behind you. It can help to squeeze the buttocks as you lift. Focus on keeping the shoulders and hips still if you can.

Breathe in to return.

Repeat up to 10 times on each side.

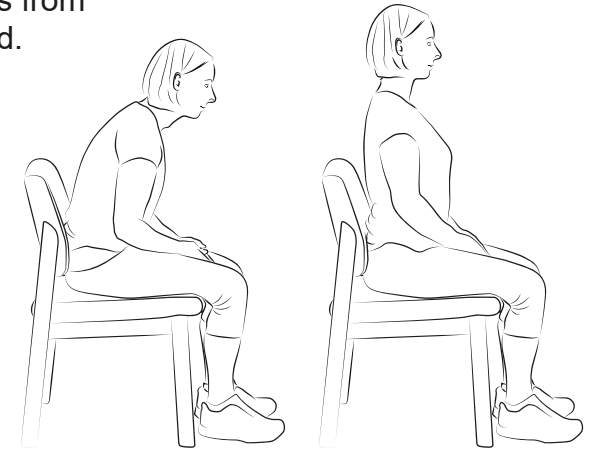


### Upper Back Extension

Begin in a slouched position.

Correct the posture by sitting up tall through your spine. Shoulders should be relaxed, imagining you have a balloon pulling you upwards from the top of your head.

Relax and repeat up to 10 times.

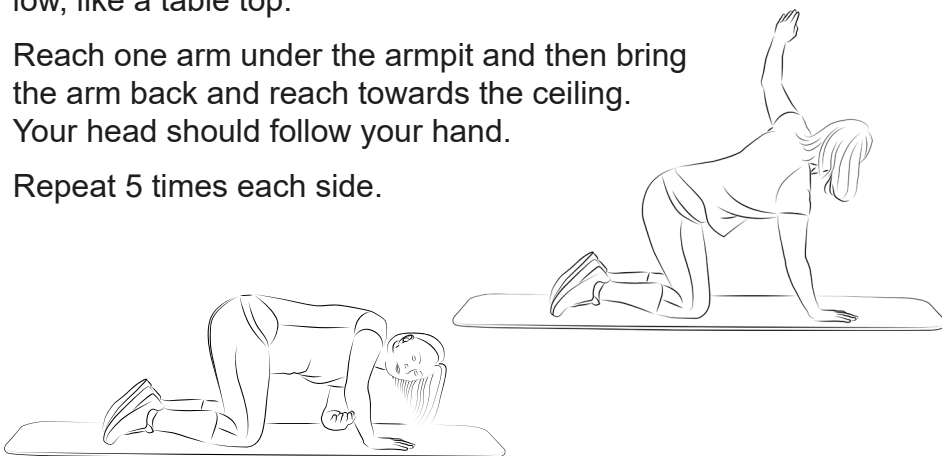


### Upper Back Rotation

Begin on your hands and knees as shown above. Hands should be shoulder width apart and knees hip width apart. The back should be in a neutral position which means not too arched or too low, like a table top.

Reach one arm under the armpit and then bring the arm back and reach towards the ceiling. Your head should follow your hand.

Repeat 5 times each side.

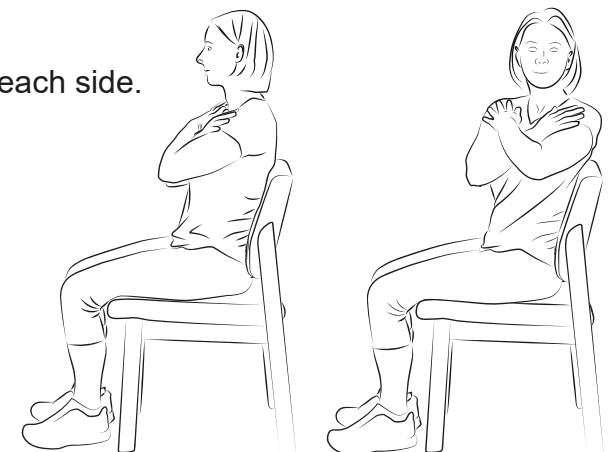


### Trunk Rotation

Begin in a good seated position. Place your arms across your chest. Rotate the trunk until you feel a stretch in your side and back.

Hold for 2-3 breaths.

Repeat up to 5 times each side.



### Sitting Posture

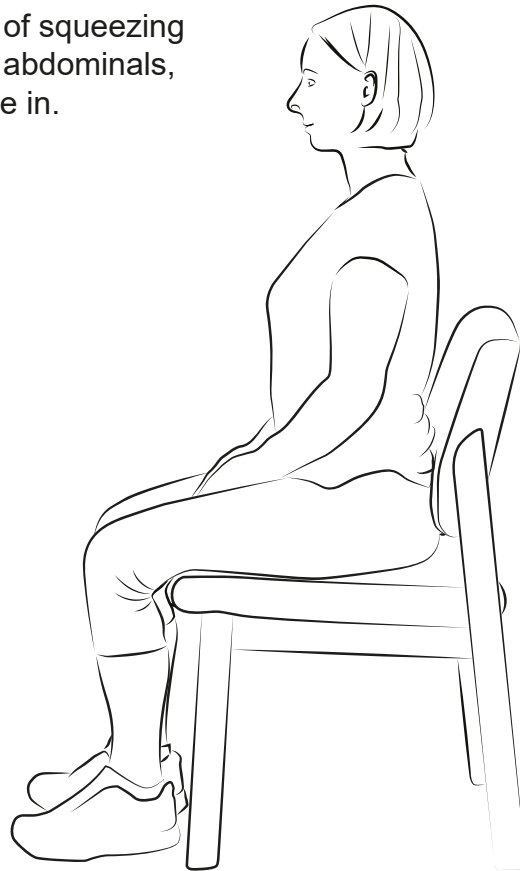
Sitting on a chair with good back support, ensure that your feet are on the ground and hips are a little higher than the knees. You may need a small towel or wedge under your thighs to help with this. You may also need a small rolled up towel to support your back running either up and down or across depending on where you need the support.

Now that you are in a good sitting position you can also do the pelvic floor and abdominal exercises here.

Begin by taking some slow deep breaths, in through your nose and out through your mouth.

As you breathe out, think of squeezing the pelvic floor and lower abdominals, relax again as you breathe in.

Repeat up to 10 times.



### Using the Gym Ball

Sitting on a gym ball can be a great way to get comfortable whilst improving your posture.

The ball should be big enough to raise your hips a little higher than your knees whilst still having feet on floor and feeling stable and balanced.

You can shift your body weight side to side and front to back, as well as make small circular movements.



### Standing Posture



The growing uterus and breasts can cause a little pressure on the spine during pregnancy, leading to changes in posture. The hollow in the lower back may deepen or you may sway slightly back with extra weight at the front.

If you are standing, please take a moment to check your knees are soft and not locked, that pelvis is not too far back or forward and you are up nice and tall through the spine.

It is important to move regularly and remember that there is no perfect posture.

### Mini Squat

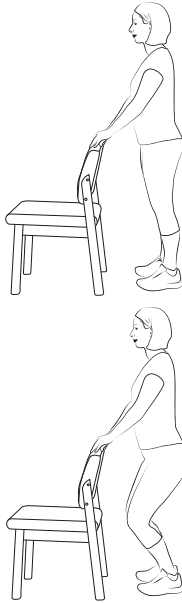
Stand tall with feet hip width apart. You may want to hold onto a support.

Gently squat down by bending the knees and sitting the bottom back a little, breathe in as you go down.

Be careful to keep knees aligned over the toes and chest up as you breathe out, slowly rise whilst squeezing your pelvic floor.

Repeat up to 10 times.

If you find this too hard, simply squeeze and relax the buttocks without squatting, repeating up to 10 times.



### Hip Extension in Standing

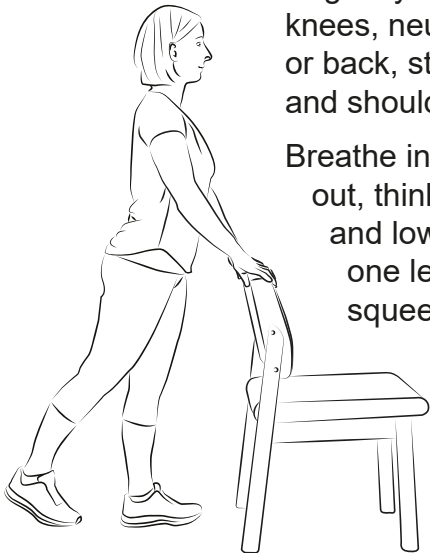
Begin by finding your good posture. Soft knees, neutral pelvis so not too far forward or back, standing up tall through the spine and shoulders relaxed.

Breathe in to prepare, then as you breathe out, think of squeezing your pelvic floor and lower abdominals whilst extending one leg out behind you. It can help to squeeze the buttocks as you lift.

Try not to arch your back.

Breathe in to return.

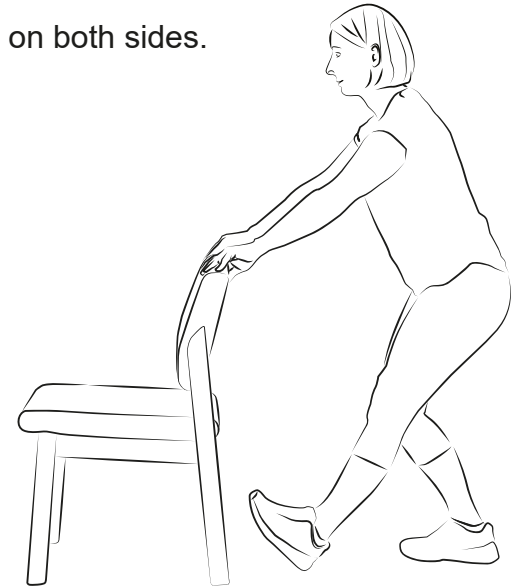
Repeat up to 10 times on each side.



### Hamstring Stretch

Holding onto a support if required, bring one foot out in front with toe up. Gently bend the back leg till you feel a stretch in the back of the front leg.

Hold for 3-5 breaths, repeat on both sides.



This can also be done in sitting if preferred.

