

Optimal Strength in Pregnancy

It is important that you prepare your body for pregnancy and the delivery process in two ways:

- **Firstly**, flexibility needs to be maintained throughout the entire 40 weeks, to ensure your pregnancy is as comfortable as possible.
- **Secondly**, certain muscles need to be strengthened to enable the optimal positions for you and your child in delivery.

If you feel pain or discomfort at any time during these exercises, it is important to stop and seek further advice from Putney Chiropractic Centre.



Half push-ups

Kneel down on all fours. From this position gently bend your arms, lowering your chest towards the ground.

Repeat as many times as possible without exhausting yourself.

Count the number of times you can repeat and attempt to do more in number each time.





Squats

Place the fit ball in the small of your back, with feet shoulder width apart.

Bend the knees until they are at a 90 degree angle (be sure to keep your feet in front of your knees to reduce stress placed on the knee).

Repeat up to ten times and do three sets. If this exercise is difficult only bend the knees half as far.





Squat Variation A

Use your hands to support the upper thigh.



Squat Variation B

Use the back of a chair to assist with balance.



Squat Variation C

Exercise legs independently with one arm supported on the chair.

(This can also be done using the ball, as shown in the original squat variation with ball, for an advanced thigh workout - not pictured)



Triceps dip

On a sturdy chair, perform a triceps dip as shown. Repeat up to ten times and do three sets.





Pelvic floor

Gently rock the pelvis forward, backward and in a circular motion whilst on the fit ball. This aims to strengthen the core pelvic muscles.

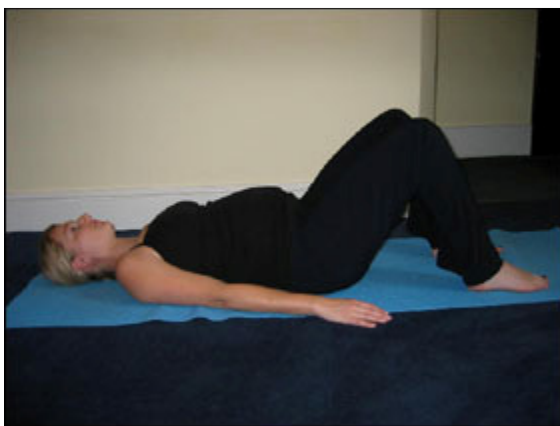


Pelvic Tilts

Lying on your back flatten your spine towards the ground, hold for up to 5 seconds, then relax and assume normal posture.

Repeat up to ten times and do three sets.

It is preferable to do this exercise standing for the second and third trimester.



Pelvic lifts

Lying on the floor with your knees bent, push up so your hips and pelvis raise towards the ceiling. Repeat up to ten times and do three sets.



Photos are courtesy of Lucy Farnbrough.

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