



Dr. Shire's 10 best pregnancy alignment tips

1. Practice Good Posture

- Stand with your shoulders back and relaxed.
- Keep your head aligned with your spine.
- Avoid slouching or leaning forward, especially when sitting.

2. Use Supportive Footwear

- Opt for shoes with good arch support and a low heel.
- Consider custom insoles if necessary to maintain proper foot alignment.

3. Strengthen Core Muscles

- Gentle exercises like pelvic tilts, bird dogs, and modified plank variations help support your lower back.
- Always perform core exercises under guidance to avoid overexertion.

4. Avoid Standing for Long Periods

- Take short breaks every 20-30 minutes.
- Shift your weight from one foot to the other.
- Use a footstool to elevate one foot if standing for extended periods.

5. Sleep on Your Side

- Use a pregnancy pillow or stacked pillows between your knees and under your belly.
- Keep your hips aligned to reduce strain.



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6. Be Mindful When Lifting

- Bend at your hips and knees, not your waist.
- Keep the object close to your body.
- Engage your leg muscles when lifting.

7. Incorporate Prenatal Yoga

- Look for prenatal yoga classes or videos focusing on gentle stretches and poses.
- Poses like Cat-Cow, Child's Pose, and pelvic tilts are beneficial.

8. Maintain a Healthy Weight

- Follow your healthcare provider's guidance on diet and weight gain.
- Proper weight management reduces pressure on joints and spine.

9. Use Proper Body Mechanics

- When turning or getting in and out of bed, do so slowly and with control.
- Avoid twisting your torso when reaching or lifting.

10. Regular Prenatal Chiropractic Care

- Consult a chiropractor trained in prenatal care for adjustments.
- Regular care can help alleviate back pain and improve overall alignment.

Additional Tips:

- Stay hydrated and practice gentle stretching daily.
- Wear comfortable, loose-fitting clothing that doesn't restrict movement.