

Tips for a Healthy Pregnancy

Tips for Caring for Your Spine During Pregnancy

1. Don't try to sit up from a lying position using your abdominal muscles, bend your knees, turn onto your side and push up with your arm.
2. Remember to unlock your knees when standing
3. Avoid standing with your hands on your hips and pushing your tummy forward
4. Let others lift heavy items for you and avoid carrying toddlers
5. Avoid twisting your spine on top of your pelvis; instead try moving your whole body with your feet. For example, when getting out of the car, turn your whole body towards the open door as you place your feet on the ground.
6. Avoid remaining in one position for too long
7. Keep your pelvis floor strong
8. Breathe deeply into your lower abdomen, especially when stressed.
9. Have your spine regularly checked by a chiropractor. Research shows that getting adjusted during pregnancy leads to reduction in labor times and much more comfortable pregnancies.