

Pregnancy Do's

- Keep muscles, ligaments and joints balanced through regular chiropractic adjustments with the Webster's Technique
- Regularly use forward leaning positions; Keep your tummy lower than your spine and keep your knees lower than your hips
- Be persistent!
- Use a birth ball, or ergonomic chair
- as much as possible.
- When sitting, rock your pelvis forward onto your "sit bones" and always sit with your knees lower than your hips. If you have a job which requires prolonged sitting,
- you may want to consider getting an ergonomic kneeling chair.
- When sitting on the sofa, an arm chair or a bucket type seat, place a firm cushion or pillow under your bottom and your lower back in order to sit more upright.
- Watch TV or read while sitting on a dining room chair, or kneeling on the floor leaning over an ottoman, coffee table, stack of floor cushions, birth ball, or a bean bag.
- When getting in and out of the car or chair, keep your knees together
- Eliminate white cane sugar
- Drink plenty of water



Pregnancy Do Not's

- Using one sided positions and repetitive motions.
- Carrying older children or using carriers (have them walk or use a stroller)
- Long trips in cars with bucket type seats, semi-reclining positions, or allowing your knees to be higher than your hips
- If SPD, don't (or minimize) straddling things – keep knees together when getting out of chair/car, etc.
- Slouching and sitting back onto your sacrum
- Sitting Cross-legged

