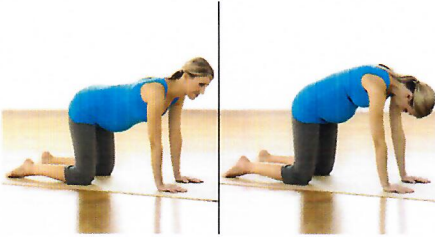


# Pregnancy Stretches

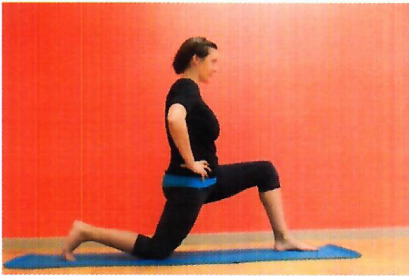


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1. **Baby in the Basket**: Seated in a chair, bring one leg up and place your ankle on the opposite knee. Gently hinge forward at the waist without caving your chest in. You should feel this stretch in your backside/piriformis muscle/hip. Hold for 10 seconds and repeat on the other side. Perform multiple times per day.



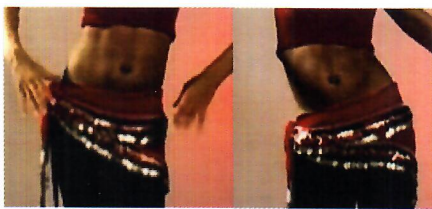
2. **Cat/Camel**: Begin on your hands and knees with a neutral spine. Slowly exhale your air, arch your back upwards, tuck your pelvis under and tuck your chin towards your chest. Hold for 5 seconds. Take a deep inhale and slowly return to a neutral spine. Work up to 3-5 minutes per day. (do not arch your spine towards the ground, this puts unnecessary stress into your lower spine)



3. **Hip Flexor Lunges**: Begin by kneeling with the side you are going to stretch touching the ground. Take a small step forward with your front leg so that when you lunge your knee doesn't go further than your toes. Gently lean forward keeping your spine straight and stretch your hip flexor/psoas muscle. If you want a deeper stretch try reaching your arms up towards the ceiling. Hold for 20 seconds and repeat with the other side.



4. **Round Ligament Self Massage**: Every morning before you get out of bed, massage up and down both of your round ligaments. This will bring blood flow to the area and help to decrease any pains as you get out of bed and start moving.



5. **Dip the Hip Figure 8 Movements**: Stand with feet hip width apart and a soft bend in your knees. Gently and slowly move your hips side to side in a figure 8 motion. This will help improve pelvic mobility, work out tight places and decrease SI joint pains. This can be done daily in pregnancy and as needed in labor, the earlier the better. To watch a video of this move go to:

<https://spinningbabies.com/learn-more/techniques/other-techniques/dip-the-hip/>

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