

Stretches for pregnancy:

Prayer Stretch on Swiss Ball:

Start by getting into a prayer position by kneeling down on the ground and sitting back onto your heels. Place both arms on a Swiss Ball and slowly roll the ball straight out in front of you. Go until you feel a big stretch in your lats and stop if there is any pain. You can then roll the ball to the left and right and perform the stretch the same as above.

Cat Camel:

Start in the quadruped position (all fours) with your thighs and arms perpendicular to the floor. Without bending your elbows, lift your head and try to lower your spine as far as possible creating the dog position. Now, lower your head and lift your spine as far as possible creating the cat position. Repeat this back and forth.

Hip Flexor Stretch:

Start in the half-kneeling position with your right knee down and your left foot forward. Take both hands and place them on your right hip. Keeping your spine neutral and using your hands to prevent any rotation of the pelvis, slowly lunge forward until you feel a big stretch in the hip flexors. Try to stay tall throughout the exercise.

Seated Figure Four Stretch:

Begin this stretch by finding a chair that is neither too high nor too low. Your upper leg should sit about at parallel to the ground while the feet are directly under the knees touching the ground. Next take the right ankle and place it at the end portion of the upper leg, just short of being directly over the top of the knee. The stretch will begin when you *slowly* lean forward with a **STRAIGHT** spine. Perform stretch to the point where you feel a good amount of pull into the right hip on the outside portion. Placing a minimal amount of downward pressure on the right knee will help to increase the stretch. Hold stretch for approximately 30-45 seconds while avoiding any bouncing. Repeat stretch in opposite fashion on left leg. Perform drill with an erect spine and never in a slouched forward posture.

Dynamic Hamstring Stretch:

Start by lying flat on your back with your legs extended. Bring your left knee up towards your chest until your thigh is perpendicular to the floor. Grab your left thigh with both hands to help stabilize your leg and try to extend your left leg completely from the knee. Make sure your right leg stays extended and your left thigh stays perpendicular to the floor. Repeat on both sides.