

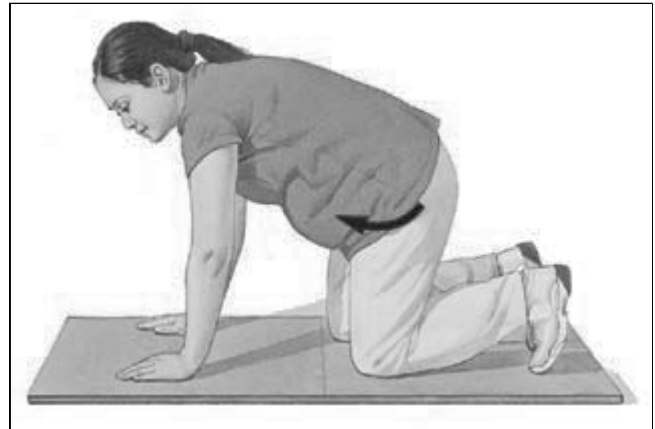
Relieving Back Pain During Pregnancy: Pelvic Tilt, Leg Lift

Before trying these exercises, talk to your healthcare provider to make sure they are safe for you. Ask your healthcare provider how many times to do each exercise.

Pelvic Tilt

This exercise stretches muscles in the buttocks and lower back. It also strengthens your abdomen and helps “set up” good posture.

1. Get on your hands and knees with your back straight. A mat can help cushion your knees.
2. Try to pull your abdominal muscles in. Tuck in your buttocks. This will tilt your pelvis up. As your pelvis tilts, your back will rise toward the ceiling.
3. Hold and count to 5, then relax.



Leg Lifts

This strengthens the muscles of your back, buttocks, and abdomen.

1. Get down on your hands and knees. Put your arms directly under your shoulders. Keep your knees shoulder-width apart.
2. Round your back. Then lift your left knee and gently bring it toward your elbow. Look at your knee as you raise it. (Stop moving your knee if you feel pressure in your abdomen.)
3. Keeping your knee slightly bent, extend your leg. Lift your leg until you feel a stretch in your low back. Don't lift your leg higher than your hip.
Hold for 5 counts, then lower your left leg. Repeat the exercise with your right leg.

