



Your Exercise

Instruction sheet

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Pelvic tilt

Pregnant women can learn to improve their posture by developing an awareness of proper pelvic tilting. To do a pelvic tilt, the woman stands with her head held high, her shoulders back and down, and her hips level and parallel to the ground. She tilts back the pelvis by pulling her buttock muscles down and pulling her abdominal muscles up.

When the tilt is done properly, the back will be flattened, with the usual lumbar curve ironed out. This position will strengthen the abdominal muscles, which provides additional support in the lower back during pregnancy.



Tailor sitting

Tailor sitting helps stretch the muscles and ligaments of the inner thighs, round out the lower back, and promote relaxation of the pelvic floor. It helps eliminate unnecessary pressure in the pelvic area, which improves circulation to the legs.

The woman sits on the floor with her back straight, knees bent, and either the legs crossed at the ankles or the soles of the feet held together. Rather than aim for a certain

amount of time sitting tailor style, use your daily routine to remind you to sit this way. Sit on the floor with your legs crossed for reading, watching television, playing with older children or other activities that you might do while sitting at a table.

Kegel exercise

Kegel exercises are recommended to treat and prevent pelvic floor weakness. First, as you are sitting or lying down, try to contract the muscles you would use to stop urinating. You should feel your pelvic muscles squeezing your urethra and anus. If your stomach or buttock muscles tighten, you are not exercising the right muscles.

When you've found the right way to contract the pelvic muscles, squeeze for 3 seconds and then relax for 3 seconds.

Repeat this exercise 10 to 15 times per session. Try to do this at least 3 times a day. Results are realized only when exercises become a conscious, routine process. Build slowly, allowing yourself at least a week to strengthen and gain control of the pelvic muscle. Regular practice of Kegel exercises can restore muscle tone in about 6 weeks.

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