

Birth prep exercises



AG Physical Therapy



Anterior pelvic tilt:

Rest on a pillow or Foam roll with forearms to isolate pelvis. Keep back still and in neutral and just move pelvis by pushing glutes into the air. Combine movement with posterior pelvic tilt 10-20 reps 2x/day



Posterior pelvic tilt:

keep back neutral and still and tuck tail bone under. As you do this zip up core from front of the pelvic floor to the belly button to prevent doming of the abdomen. 10-20 reps 2x/day



Back breathing w/ yoga

block Place

one leg on a yoga block, make sure hips are over knees and shift 80% weight onto leg on the block. Then shift weight back into glute to feel a small stretch. Take 6 deep breaths into your back feeling the pelvic floor expand. Do both sides



Adductor stretch: Kneel on

one

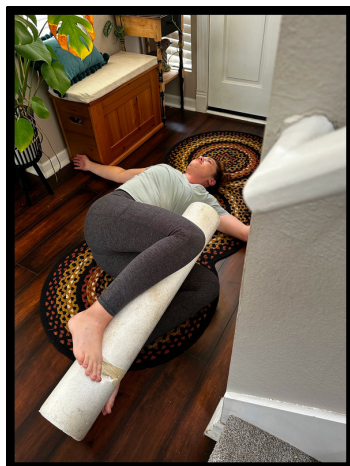
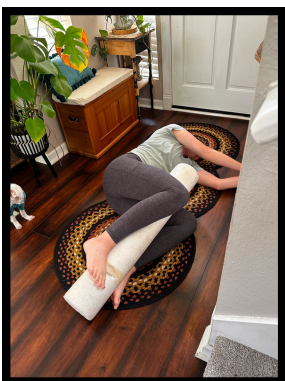
knee (with foot flexed) and have other leg straight out to your side with toes pointed forward. Rock forward and back feeling a stretch into your inner thigh. 10 rocks 2x/day both sides.

Foam Roll internal rotation:

Lay on

one side with FR under your top leg at a 90 deg. Hip and leg position. Keeping your knee on the FR just lift the bottom half of your leg and foot to internally rotate the hip. Can add a band around the ankle.

3 sets of 10 1x/day both sides



Rotation with FR: On our side, hip at 90 deg.

With FR in between legs. Start on one side and have hands together, take a deep breath in filling air into side ribs facing up, exhale and open arms rotating body towards the ceiling. 8-10 reps 2x/day



Deep squat: Hold onto a secure post or counter, sit back on heels (flat on ground), have shins relaxed (if they aren't move closer to the bar or counter). Take a deep breath into lower back and into pelvic floor. Feel pelvic floor expand, 5 breaths 2x/day



Internal rotation rock backs on stool or yoga ball: rest forearms on ball or stool, have knees together to open the posterior pelvic floor and rock back onto legs bending knees. 8-10 rocks slow movements



Childs pose with pillow: try to keep knees somewhat close together. Put a pillow under your bottom and sit back on the pillow extending your arms in front of you. Take deep breaths into your back and feel the pelvic floor expand. Breathe in for 5 and out for 8-10 seconds. 5 reps 2x/day