

BEST POSITIONS DURING PREGNANCY



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SOMETHING THAT I MAKE SURE ALL OF MY MUMS ARE AWARE OF ARE GOOD POSITIONS TO BE IN THROUGHOUT THE DAY.

What we do in our day (and in between our adjustments) can make a dramatic difference to comfort levels, mobility and prevention of neuro-biomechanical dysfunction.

Firstly, when lying on our back, we should **avoid** 'doing a sit up' in order to get up. Instead, roll completely onto your side, and use your top arm to push yourself into a seated position while keeping knees and ankles pressed together. This will limit the pressure exerted on your stretched abdominal muscles, and should also be comfortable for your lower back.

As most women are working at a desk until the very end of their pregnancy, it is important to be mindful of our seated posture. Often, desk workers tend to slouch in their chair – rounding through the lower back and shoulders, compressing their growing bump, and ending with a forward head posture. This position is suboptimal for a growing belly, not to mention uncomfortable! Instead, shuffle forward towards the edge of the chair, with feet flat on the floor. Ensure that knees are lower than hips and lean slightly forward so that the weight is going through the balls of your feet.

Increase the natural curve of your lower back and have your chest up and out. This position will allow your baby to have the most amount of space, in a seated position.

Remember, to get up at least every 45 minutes! Move your water bottle to the other side of your office, walk over and touch the opposite wall, stand up and do your neck stretches – just move! When you get home, try to avoid 'sinking' into the couch, instead opt for a dining chair turned backwards or an exercise ball. This will also limit your ability to cross your legs or tuck them up under your pelvis!

To counteract sitting all day, I recommend getting in the habit of hanging out on your hands and knees in the evenings for around 10 minutes. Being on all fours, with your belly button closest to the floor, takes the pressure off of your ligaments and pelvic floor, and gives your baby the most space to move around. You can drop down onto your forearms, add some cat/cow stretches, or wiggle your pelvis gently side to side.

Give these a try and let me know how you get on! Remember, if anything hurts or feels uncomfortable, stop, and have a chat with your practitioner about what position may be best for you!

Dr Ami