

Low Back Exercises For Pregnancy

Opposite Arm/Leg Extensions



- Start with hands on the ground shoulder width apart
- Keep back flat
- Raise the left arm and right leg straight out from the body until parallel with the ground
- Hold for 5-10 seconds
- Repeat with opposite limbs
- 2-3 sets/8-10 reps per side

Pelvic Tilts


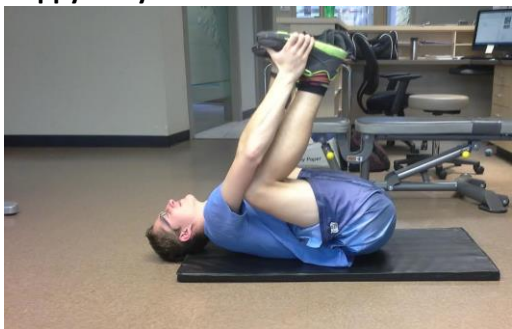
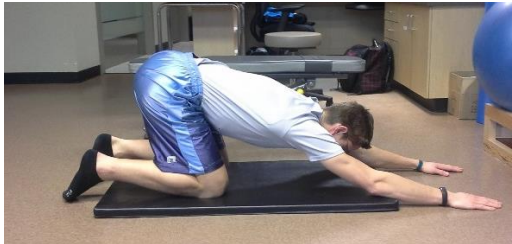


- Start laying on back with feet flat on the floor and knees elevated
- Tilt hips backwards and extend the spine by tightening the muscles in the lower back
- Tilt hips forwards by contracting the abdomen so the spine comes in contact with the floor
- 2-3 sets/10-15 reps

Hip Bridge



- Start with back on the mat, arms straight beside you, and feet flat on the ground
- Contract the glutes (bum) and lower back/core to bring the bum off the mat so the shoulders, hips and knees make a straight line
- Hold for 3 seconds and slowly lower
- 2-3 sets/10-15 reps

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| <p>Modified push-up</p>  | <ul style="list-style-type: none"> • Place hands shoulder width apart • Keep back straight through the entire push-up • Lower into the push-up until elbows are at or greater than 90 degrees • Keep head and neck straight through the entire push up • Note: Feet can be placed shoulder width apart or together; shoulder width increases balance • 2-3 sets/5-15 reps |
| <p>Happy Baby Stretch</p>  | <ul style="list-style-type: none"> • Start on your back and bring the legs up and grasp the outsides of the feet • Keep the arms on the outside of the legs and pull the feet down so the knees come toward the ground • 2-3 sets/20-30 seconds |
| <p>Child's Pose</p>  | <ul style="list-style-type: none"> • Begin on knees, with knees spread about shoulder width apart • Place hands on ground above head • Place a pillow under the abdomen for support if needed • Sit back towards the heels and stretch arms forward to stretch the back • 2-3 sets/20-30 seconds |