



PREGNANCY
AND
POSTPARTUM
MOBILITY
ROUTINE

REKREATEPT

What's so important about mobility?

Thoracic Spine (mid upper back)

Why does your upper back bother you during pregnancy and postpartum? Your growing belly changes your posture and your body tends to compensate by rounding your upper back and shoulders. This compensation continues into postpartum with breastfeeding, bending, reaching, and lifting. Gaining and maintaining mobility throughout your thoracic spine will improve your posture which will help alleviate upper back aches and pains.

Lumbar Spine (low back)

Oh the dreadful back pain...this occurs due to your growing belly which places more stress on your low back. This pain can also continue into postpartum due to the decreased core and lumbar strength and stability. Posture, breathing, and your body mechanics play a huge role in this common complaint. A flexible and strong core and spine are the keys to back pain relief during pregnancy and postpartum.

The Pelvis

Your hip muscles need to be able to relax and lengthen to help your pelvis open up for delivery. You need adequate hip mobility to optimize different delivery positions (deep squat, side-lying, all fours, etc). You will never regret working on your hip mobility.

To tie it all together, the more flexible your spine and hip joints are, the better you will be prepared for labor and experience an easier recovery.



Diaphragmatic Breathing

While seated place both hands on side of belly and ribcage. Inhale into the chest, belly, ribs, and down into pelvic floor. Exhale and release.

x8-10 Deep Breaths



Hip Flexor Stretch

Keep your pelvis tucked without arching your low back. Slowly lean forward until you feel a comfortable stretch in the front of your back leg. Place arms overhead to deepen stretch.

x8-10 Breaths Each Side



90/90 (Hip Internal Rotation)

Seated with both knees bent to 90 degrees. Start by rotating your torso toward one leg. Hold 5 seconds and repeat.

x10 Reps Each Side



90/90 (Hip External Rotation)

Seated with both knees bent to 90 degrees. Start by rotating your torso toward one leg. Hold 5 seconds and repeat.

x10 Reps Each Side



90/90 With Movement

While seated with knees bent, gently perform a windshield type movement by alternating each knee moving towards the ground.

x20 Reps



Adductor Rockback

Position one leg out to the side. Gently sit back towards your back heel until a stretch is felt on your inner thigh. Hold 5 seconds and repeat.

x10 Reps Each Side



Cat/Camel

While on all fours, inhale and arch your spine. Return to neutral. Exhale and round your spine by dropping your chin to chest and tucking your pelvis under.

x10 Reps (one rep=both directions)



Thoracic Rotation

While on all fours, place one hand behind head, inhale, and gently rotate towards the ceiling on the same side.

Keep your trunk still and do not rotate at the pelvis. Exhale and return to neutral. Repeat.

x10 Reps Each Side



Pelvic Circles

While on all fours, maintain a neutral spine. Create small circles with your hips by engaging your abdominals without moving your upper body. Perform both directions.

x10 Reps Each Direction



Pelvic Tilt

Exhale and gently engage abdominals to tuck your pelvis under. Inhale and gently arch your lower back. Only your lower spine should be moving. You can also perform in sitting.

x10 Deep Breaths



Side Lying Thoracic Rotation

Place your bottom arm out in front of you with your top hand placed behind your head. Inhale and gently rotate to open your chest. Exhale and come back to neutral. Make sure your lower trunk does not rotate. Repeat both sides.

x10 Breaths Each Side



Deep Squat

Start with your legs wider than your hips. Slowly squat down as far as you can go with your hands pressed together in front of you. Take deep inhales down into your pelvic floor to help relax and lengthen the pelvic floor muscles.

x8-10 Deep Breaths