

# PREGNANCY STRETCHES

Women undergo many physical, mental, and lifestyle changes during and after pregnancy. It is important that she has proper exercise, nutrition, and engages in stretching before, during, and after giving birth.

Stretching and exercising help pregnant women in many ways. They improve circulation, help digestion, aid elimination, reduce stress, enhance restful sleep, increase energy, improve mood, limit weight gain, and reduce fatigue/shortness of breath. They also better prepare the pelvic muscles for a greater tolerance to the discomfort experienced during childbirth. Greater flexibility improves posture, muscle strength and tone, which reduces joint and ligament strain. Exercise can also help strengthen muscles as well as help to regulate the body's metabolism and temperature.

*Women who do not regularly exercise before pregnancy should consult their obstetrician and Chiropractor before beginning an exercise routine. Start at a very low intensity level.*

To reduce low-back pain, sciatica, cramping in the calves and feet, pain between the shoulder blades, neck tension and even some heartburn we suggest that you do the following stretches. The phases are not absolute if you are uncomfortable in any stretch we recommend that you simply avoid it.

## The "Super Six Rules" to Stretching Successfully:

- 1 • Warm up (Walk on the spot for 1 to 5 minutes)
- 2 • Hold each stretch one repetition for 30 seconds
- 3 • Do not bounce ( Hold in comfortable position)
- 4 • Be Gentle (No Pain)
- 5 • Breathe Deeply
- 6 • Stretch both sides equally

## Phase One - 0 to 6 months



Side Of Neck Stretch



Back Of Neck Stretch



Front Of Neck Stretch



Shoulder/  
Rotator cuff Stretch



Full Body Stretch



Side of Spine Stretch



Bar Assisted Chest Stretch



Spinal Twist Stretch



Outer Calf Stretch



Inside Calf Stretch



**Thigh Stretch**



**Thigh & Hip Flexor Stretch**



**Standing Groin Stretch**



**Side of Leg Stretch**

## *Phase Two - 6 to 10 months*

Continue any of the stretches in phase one that are still comfortable and add the following.



**Outer Calf Stretch**



**Inside Calf Stretch**



**Side of Leg Stretch**



**Back Flexion Stretch**



**Partial Back Extension Stretch  
Avoid Full Extension**