

Back Exercises: Pelvic and Back Pain in Pregnancy



1 Pelvic Tilts Anterior / Posterior

2 Cat Exercise

3 Sitting on Gym Ball

4 Bridging

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

1 Pelvic Tilts Anterior/Posterior



Sitting on a firm chair or gym ball put your hands on your pelvic bones and rock your pelvis forwards as far as you can, then backwards as far as you can.

Hold each position for a few seconds. Repeat 10 X.

CONTINUED OVERLEAF 



1 Pelvic Tilts Anterior / Posterior

2 Cat Exercise

3 Sitting on Gym Ball

4 Bridging

2 Cat Exercise



Kneeling on all fours, keep your hips and shoulders still, arch your back up as far as you can, then arch your back down as far as you can.

Hold each position for 10 seconds. Repeat 10 X.

3 Sitting on Gym Ball



Means you have to activate your core muscles so spending 15-20 minutes sitting on a gym ball can give some relief to back ache and also help strengthen your core muscles.

1 Pelvic Tilts Anterior / Posterior

2 Cat Exercise

3 Sitting on Gym Ball

4 **Bridging**

4 Bridging



Lying on your back with your knees bent and feet flat on the floor. Slowly peel your bottom off the floor rolling your spine off the floor until you reach your shoulder blades. Keep your shoulder blades on the floor. Try to keep a level pelvis.

Hold for 20 seconds. Repeat 5-10 X.