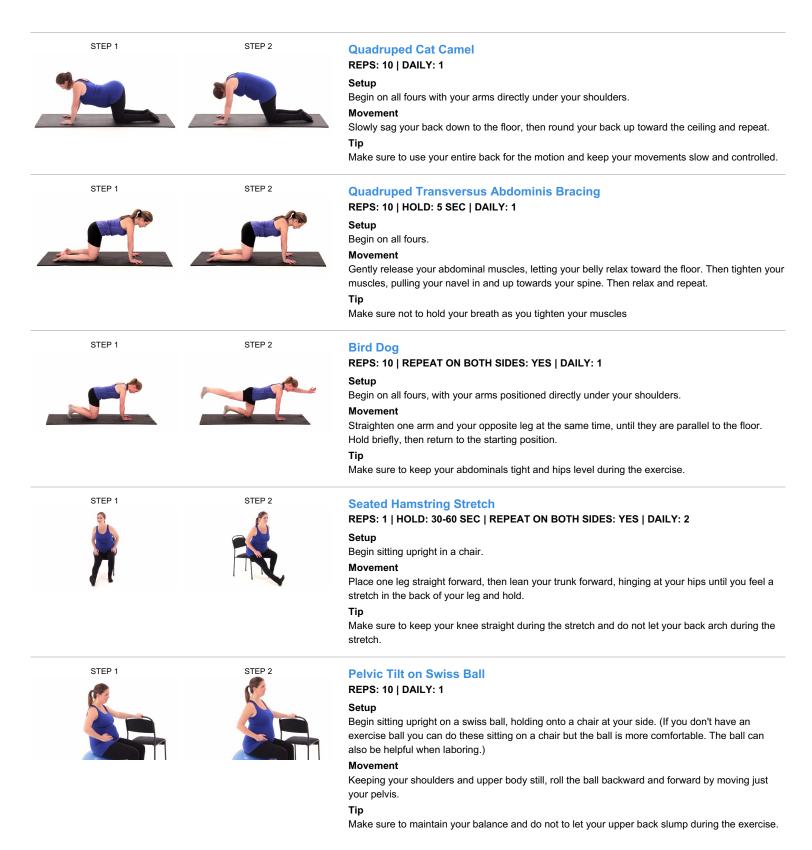
Advanced Women's Healthcare



Disclaimer: This program provides exercises related to preventative maintenance OR to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.



Seated Lateral Pelvic Tilt on Swiss Ball REPS: 10 | DAILY: 1

Setup

Begin sitting upright on a swiss ball with your feet resting on the ground shoulder width apart, holding onto a chair at your side.

(If you don't have an exercise ball you can do these sitting on a chair but the ball is more comfortable. The ball can also be helpful when laboring.)

Movement

Slowly tilt your pelvis to one side, then return to center and repeat to the other side. Tip

Make sure to maintain your balance and do not let your trunk bend forward or backward during the exercise.

Standing Lumbar Extension

REPS: 10 | DAILY: 2

Setup

Begin in a standing upright position with your hands on your hips.

Movement

Slowly bend backward, arching in your low back, then return to the starting position and repeat. **Tip**

Make sure to maintain your balance during the exercise.



STEP 1



STEP 2

STEP 2

Standing Thoracic Spine Stretch

REPS: 1 | HOLD: 30 SEC | DAILY: 2

Setup

Begin in a standing upright position in front of a chair.

Movement

Hinge at your hips and reach your arms forward to hold onto the back of the chair, lowering your trunk toward the ground until you feel a stretch and hold.

Tip

Make sure to keep your balance and do not arch your low back during the exercise.

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