

STEP 1



STEP 2



Quadruped Cat Camel

REPS: 10 | DAILY: 1

Setup

Begin on all fours with your arms directly under your shoulders.

Movement

Slowly sag your back down to the floor, then round your back up toward the ceiling and repeat.

Tip

Make sure to use your entire back for the motion and keep your movements slow and controlled.

STEP 1



STEP 2



Quadruped Transversus Abdominis Bracing

REPS: 10 | HOLD: 5 SEC | DAILY: 1

Setup

Begin on all fours.

Movement

Gently release your abdominal muscles, letting your belly relax toward the floor. Then tighten your muscles, pulling your navel in and up towards your spine. Then relax and repeat.

Tip

Make sure not to hold your breath as you tighten your muscles

STEP 1



STEP 2



Bird Dog

REPS: 10 | REPEAT ON BOTH SIDES: YES | DAILY: 1

Setup

Begin on all fours, with your arms positioned directly under your shoulders.

Movement

Straighten one arm and your opposite leg at the same time, until they are parallel to the floor. Hold briefly, then return to the starting position.

Tip

Make sure to keep your abdominals tight and hips level during the exercise.

STEP 1



STEP 2



Seated Hamstring Stretch

REPS: 1 | HOLD: 30-60 SEC | REPEAT ON BOTH SIDES: YES | DAILY: 2

Setup

Begin sitting upright in a chair.

Movement

Place one leg straight forward, then lean your trunk forward, hinging at your hips until you feel a stretch in the back of your leg and hold.

Tip

Make sure to keep your knee straight during the stretch and do not let your back arch during the stretch.

STEP 1



STEP 2



Pelvic Tilt on Swiss Ball

REPS: 10 | DAILY: 1

Setup

Begin sitting upright on a swiss ball, 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

Keeping your shoulders and upper body still, roll the ball backward and forward by moving just your pelvis.

Tip

Make sure to maintain your balance and do not to let your upper back slump during the exercise.

STEP 1



STEP 2



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.

STEP 1



STEP 2



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



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.