



Pregnancy Stretches



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Stretching during pregnancy helps relieve tension, improve flexibility, and reduce back and hip pain. It promotes better posture, enhances circulation, and prepares the body for labor. Gentle, pregnancy-safe stretches can also reduce stress and improve overall comfort.

Instructions

1. The following exercises should be performed **1-2x/day**.
2. Hold each stretch for **15-30 seconds** and repeat **1x/each side** unless otherwise stated. Perform on both sides.
3. You should not feel any pain while performing the stretches so make sure you stretch to your comfort level.

Disclaimer: Please consult your Chiropractor or Doctor before performing these exercises as they may not be suitable for everyone or may need to be adapted for your individual needs.

Mermaid Stretch

1. Sit on the floor with your legs folded to one side.
2. Raise your arm (same side as the folded legs) overhead and lean toward the opposite side, creating a deep side stretch.

Hold for 15-30 seconds, breathing deeply, then repeat on the other side.



Butterfly Stretch

1. Sit on the floor with your feet together and let your knees drop outwards (forming a diamond shape with your legs)
2. Gently press your knees down towards the ground and lean forward slightly.

Hold for 15-30 seconds and relax into the stretch.



Child's Pose

1. Start on all fours with your hands in line with your shoulders and your knees in line with your hips.
 2. Slowly lower your hips back towards your feet and extend your arms forward while resting your forehead on the mat.
- Hold this stretch for 60 seconds while focusing on deep breathing.



Hip Flexor Stretch

1. Start in a lunge position (front knee at 90°, back knee on the floor).
 2. Shift your hips forward slightly until you feel a stretch in the front of your hip (the back leg).
 3. Reach the arm up to feel more of a stretch.
- Hold for 15-30 seconds and repeat on both sides.



Glute/ Piriformis Stretch

1. While sitting on a chair bend the right knee and place the right ankle on the left thigh (forming a "figure 4" shape).
2. Keep your back straight and gently lean forward from your hips. You should feel a stretch in your glutes and deep hip muscles.

Hold for 15-30 seconds and perform on both sides.

