

## Care and Management Tips during Pregnancy



Pregnancy is a time of rapid change and growth in a mother's life. There is increased stress on the mother's spine and pelvis as the baby develops. Following are some important care and management tips that may help during this exciting time.

- Practice good posture. As the baby grows the centre of gravity changes.
- Lift properly. Use a wide stance, squat using your legs and NOT your back. Hold the object close to your body.
- Wear low heeled shoes, and, a pair with a good arch support.
- Sleep on your side with a pillow between your knees. After 20 weeks, it is recommended to not sleep on your back. This is to avoid putting extra pressure on the aorta and inferior vena cava.
- Stay active, exercise is very important during pregnancy. Walking, swimming and gentle stretching are good ways of staying active. However, know your limits.

- A mother has ligaments that suspend the uterus within the pelvis. As the baby grows it is important that the alignment is balanced to enable the uterus to be supported symmetrically.
- Maintain your nervous system and spinal care by seeing your chiropractor during pregnancy. It makes good sense having your spine checked by a chiropractor before and during pregnancy as well as after the birth. This will ensure your changing body stays in alignment and is as stable as possible.
- Optimising biomechanical function of the pelvis and lower back makes good sense when you are looking forward to a natural birth.



Call Pilbara Chiropractic Centre today on **91852071**