

Your Posture during Pregnancy

Sitting Posture

Try these pointers to make sitting more comfortable

- Position your bottom at the back of the chair
- Place some support in the small of your back
- Put your feet either on the floor or if necessary use a small stool
- Avoid crossing your legs as this can put pressure on the front of your pelvis and may result in discomfort.

Lying Posture

From 16 weeks until the birth of your baby you are advised to avoid lying on your back. This is because, in this position, your unborn baby puts pressure on your major arteries causing your heart rate and blood pressure to drop. Do not panic if you find yourself lying on your back, just move off your back into a better position.

To minimise pain at night try

- Sleeping on your side with your back straight
- Support your waist and tummy with a small pillow
- Keep your back, hips and feet in line by placing a pillow between your knees and feet
- Keep your back straight when turning over. You may find this easier if you keep a pillow between your knees as you turn

Getting out of bed

To make this easier and reduce the strain on your abdominal muscles you may like to try

- Lying on your side at the edge of your bed
- Using your arms to lift your upper body
- As you drop your legs over the edge of the bed lift your upper body into a sitting position on the edge of the bed

Look after your back and pelvis while lifting and carrying

Before you start

- Ask yourself if you need to lift the object?
- Can it wait until there is someone to help you?
- If possible make sure the object is as light as possible
- Use the correct lifting technique, and keep your back straight

Other helpful hints

If you experience pain during any of these activities, try the modifications suggested by Sally our Specialist Women's Health Physiotherapist, it may be more comfortable for you.

Standing

- Try to keep your weight spread evenly between both feet
- If you need to stand for a long time such as ironing and preparing food, you may find it helpful to use a high stool to perch

Walking

- Try taking smaller steps if striding out is painful
- If you are carrying shopping try to distribute the weight evenly in each hand

Stairs

- Try going up and down the stairs one step at a time

Getting in and out of the car

- Try to keep your knees hip distance apart

Getting dressed

- Try to sit while dressing i.e. putting on pants, socks and trousers

Remember your body is working hard during pregnancy, it is important slow down and take time to rest, particularly if you are feeling uncomfortable or unwell.

If you have pain which is persisting or worsening contact Sally our specialist Women's Health Physiotherapist, your midwife or GP.