

MJN Clinical Myotherapy
 4/321 Balwyn Road
 Balwyn North, VIC, 3103

1 Set / 1 Rep / 1 s hold



1. Pregnancy cat and camel stretch

Start on your hands and knees, with your hands under your shoulders, and knees under your hips.
 Start by allowing your stomach to slowly drop down, lifting your head up and pushing your tail bone out.
 Hold this position.
 Next, arch your back up by tucking your head and tail bone in, and pulling your belly button in towards your spine.
 Hold this position, and then repeat.

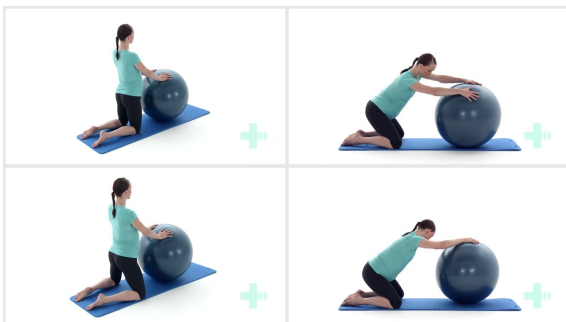
1 Set / 1 Rep / 1 s hold



2. Pregnancy arm openings in side lying

Lie on your side with a pillow supporting your head and a towel or pillow under your tummy.
 Rest your legs together in a comfortable position.
 Stack your arms one on top of the other, in line with your shoulder.
 Lengthen your top arm away from your body in an arc, allowing your upper back and shoulders to follow the movement.
 Aim to lie your arm down behind you.
 Hold this position before you return to the starting position.

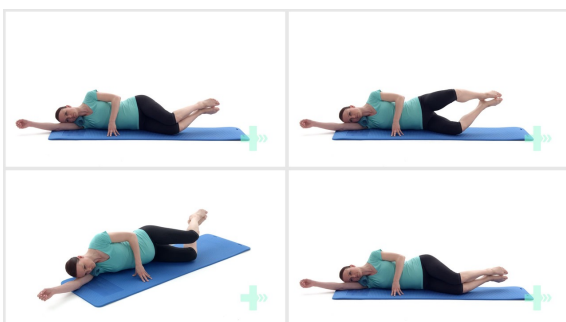
1 Set / 1 Rep / 1 s hold



3. Pregnancy child's pose side flexion with stability ball

Start on your hands and knees, with your hands under your shoulders, and knees under your hips.
 Place your hands onto the side of a stability ball and turn both knees out slightly to the side to allow space for your pregnancy bump.
 Take the ball to one side.
 Slowly sit your buttocks back onto your heels or as far as your can go comfortably, while at the same time stretch your arms out as far as you can go.
 Hold this position, and then repeat on the other side.

1 Set / 1 Rep / 1 s hold



4. Pregnancy clam level 2

Lie on your side with a pillow between your knees and your lower arm outstretched.
 Bend your knees, with your heels in line with your buttocks.
 Lift your feet into the air, keeping your knees on the floor.
 Tighten your pelvic floor and lower stomach muscles.
 Keeping your feet together lift your top knee slowly up into the air and then control the movement as you lower it back down.
 Do not allow your body to rotate back with this movement.
 There should be no pain in the front on your pelvis.



5. Pregnancy gluteal stretch

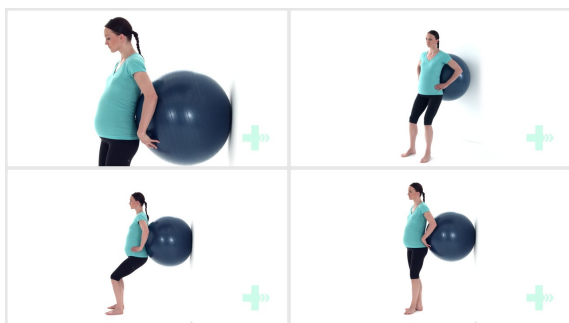
Stand up straight facing a secure table at hip height.

Bring the leg to be stretched up towards the table and rest your lower leg along the table.

Slowly lean forwards as far as your bump allows until a stretch can be felt in your buttock and then hold.

Release and repeat on your other leg.

1 Set / 1 Rep / 1 s hold



6. Pregnancy gym ball wall squat

Stand up straight and place a gym ball against a wall.

With the gym ball in the middle of your lower back, lean onto the ball letting it take your body weight.

Keeping your back straight, slowly bend both of your knees, sinking your hips straight down towards the floor.

Aim to achieve a 90 degree bend at your knees, or as far as you can manage comfortably.

Control the movement as you straighten back up to the starting position.

1 Set / 1 Rep / 1 s hold



7. Pregnancy hip abduction in side lying

Lie on your side with a pillow between your knees and your bottom arm outstretched.

Bend your lower leg and straighten out your top leg out in line with your body. Tighten your pelvic floor and lower stomach muscles.

Slowly lift your top leg up into the air as far as you can manage comfortably.

Ensure your leg stays in a straight line with your body.

If there is any pain in the front of your pelvis do not lift your leg as high.

Control the movement as you lower your leg back down to the starting position.

1 Set / 1 Rep



8. Pregnancy hip rotations on a stability ball

Sit upright on a stability ball.

Place your hands on your waist and slowly rotate your hips and buttocks in a clockwise direction.

Focus on moving your hips in a full circle.

Repeat in an anti-clockwise direction.



9. Pregnancy pillow squeeze

Lie on your back with both legs bent and feet flat on the floor.

Place a folded pillow between your knees.

If you are uncomfortable lying flat on your back, especially later into your pregnancy, use a wedge cushion or pillows to prop yourself up.

Tighten your core stability and pelvic floor muscles, and simultaneously squeeze the pillow between your knees.

Hold this position before you relax everything, and then repeat.

1 Set / 1 Rep / 10 sec duration



10. Massage to c-section (muscles)

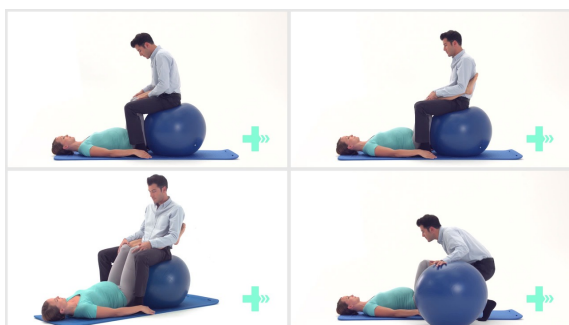
Lie on your back with your legs straight and scar exposed.

Place your finger tips on your scar and press inwards until you feel the muscles below your scar.

Keeping this pressure, move your scar side to side and up and down.

Hold any areas in a stretch that feel particularly tight.

1 Set / 1 Rep



11. Lower spine decompression

Lie on your back while your partner takes a swiss ball and helps you to bring your knees up and control the flexion.

Your partner now sits on the swiss ball with both legs on his right thigh as he makes sure the ball is in contact with the posterior aspect of the thighs.

Once your partner is stable sitting on the ball, have your partner pull on your calves so they rest on the root of your partner's thighs.

Have your partner take hold of your knees with both hands and rest both forearms along the shins.

The exercise:

Your partner makes a fulcrum with both elbows over the ankles, and leans gently backwards as your pelvis rises a few cm of the ground.

Control the return back to the floor.

Breathe actively.

Exhale as you lean back, inhale as you come forward.

Come out of the position by your partner putting your legs together over the right thigh.

Your partner stands up and rolls the ball out to his left and slowly lowers your legs to the ground.