



# Essential Mobility for the Pregnant Spine



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Good on you for wanting to take care of your own mobility while you are pregnant!

**I am so glad you took this step.**

Now I haven't given you too much to do, & these exercises really focus on your spinal mobility.

One thing we see in the clinic, regardless of whether you have back, pelvic, hip or leg pain, the spine is always way too stiff and rigid from your pregnancy adaptations. This is always where we start to loosen to rid our patients of their pregnancy-related pain.

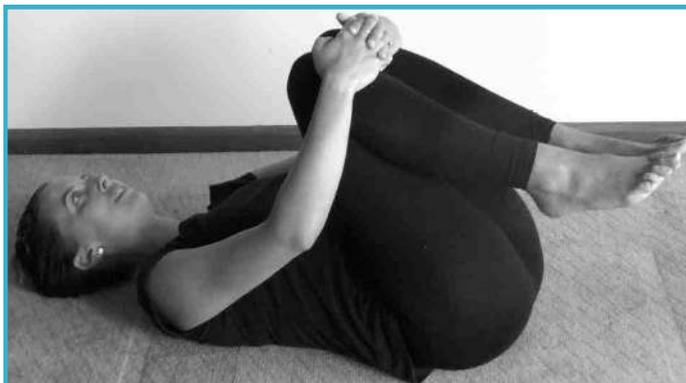
So once again well done you...and follow the guidelines below for a better pregnancy spine!

- Do the following exercises on a daily basis
- The regularity can improve movement each day
- If your symptoms don't improve or worsen, see a qualified professional with experience with pregnancy

### 1. Low Back Mobilisation

1. Lie on your back with both legs bent. Grab hold of both knees and interlace your fingers with knees together.
2. With both hands, pull backwards and forwards gently, 20 tugs towards the chest. **(not all the way into the chest, just small fluent movements)**
3. Repeat for 3 minutes

*\*Note: This is a wiggling exercise for your back, your neck must be relaxed on the floor and the effort is coming solely from your arms to create the bending movement in your low back.*



## 2. Buttock Stretch

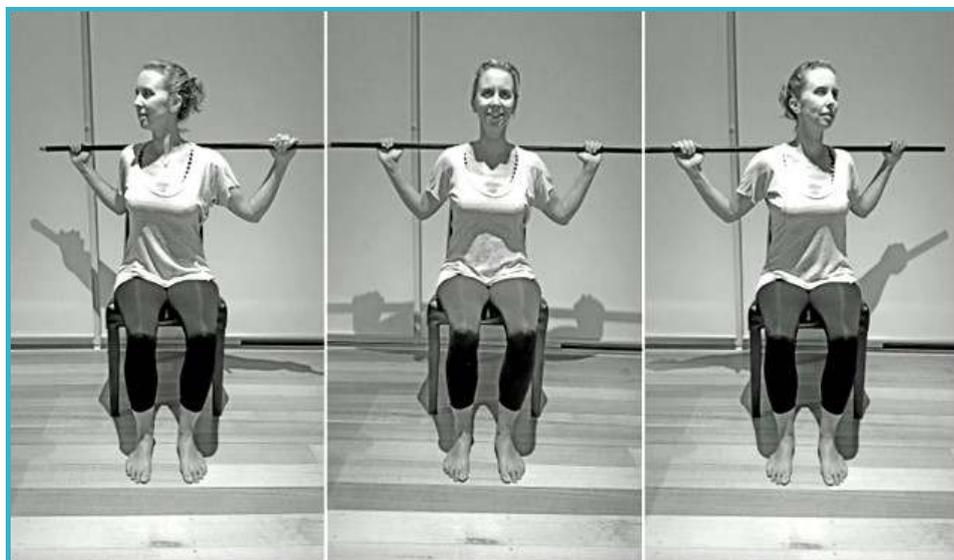
1. Sit "tall" in the position shown
2. Keeping a straight spine and neck, **press forwards from your chest (don't slump with your back)** to feel a stretch in the butt and thigh of the bent leg
3. **Hold for 30secs and repeat on the other side**
4. **IMPORTANT**– make the stretch feel nice and relaxing, You should not be trying to make it hurt!



## 3. Mid-Back Loosening

1. Seated, place broomstick horizontally behind your neck and hold with both hands at a comfortable distance apart.
2. Rotate your body to one side 10 times just returning to the centre each time.
3. Then repeat on other side 10 times returning only to the centre each time.  
Alternate sides for 2-3 minutes.

*NOTE: this is a fluent movement of rotation and not a turn and hold exercise. You should be continually moving, gently swinging in rotation, one side at a time*



#### 4. Spiky Ball Massage

These are worth their weight in gold! A spiky ball in the back of your hip and into your butt muscles are great for loosening these super strong pelvic muscles. Butt muscles are so often a major player for pain in pregnancy and need to be put right to correct the imbalance. Make sure your spiky ball is somewhat firm and not “squishy”. These are available at our clinic for purchase.



**Big Fat Disclaimer:** only perform these exercises if comfortable to.

If pain persists seek advice from an appropriate practitioner.

Our Osteopaths are available for consultation. We have many years experience working with pregnancy–related complaints and are a trusted service for a number of midwives, GP’s and doulas.

T: 9859 5059

Shop 3/74 Doncaster Road, Balwyn North

[info@boroondaraosteopathy.com.au](mailto:info@boroondaraosteopathy.com.au)

#### About the author:

*Dr Katie Willy studied Osteopathy 1999-2003. Very new out of uni she began her practice in a GP's clinic in Balwyn North while working in large clinics in Brighton and Berwick. Her practice has grown to include multiple Osteopaths. Pregnancy had always been an interest area of Katie's, one where she completed further study in Obstetrics and the treatment of infants. All Osteopaths at Boroondara Osteopathy have the added benefit of sharing her 2 pregnancies with her and building a greater understanding of the challenges faced by many women during this time. Katie continues to spread the word about Osteopathy and it's value to the community. Her passion in educating her clients about pain will always be paramount in her treatment. She believes that by educating her clients, they too will feel more at ease with their pain due to understanding the mechanisms behind it.*

