

Hruska Clinic Tips and Tricks for Body Positioning while Pregnant

It does not take long for pregnancy to start influencing your body. Long before the baby bump. Back and muscle aches are common with pregnancy. Much of the back pain experienced throughout pregnancy is related to the strain on your back from the weight of your growing baby. Your ligaments around your pelvic bones relax and your joints loosen to get your body ready to give birth. This can make your back feel sore. Using proper posture and positioning can help prevent and even relieve some of the discomfort. Here are some tips to help you maintain good posture in various positions and positions that should be avoided during pregnancy.

In the first trimester you can pretty much assume any position you like, but it's wise to start practicing side sleeping. Left side lying is the best sleeping position for you and the fetus in later pregnancy. As the baby grows, this improves circulation by preventing the pressure of the uterus from resting on the veins, back, and internal organs. Switching to this position early on may make the transition easier for those who tend to favor stomach or back sleeping.

At the start of the second trimester, you should try to avoid sleeping or lying on your back. This position puts the weight of the uterus on top of the inferior vena cava, which can cut off blood flow, cause swelling in your legs and ankles. If you are not a natural side sleeper, you can try using strategically placed pillows to prevent yourself from rolling over onto your back. A pregnancy body pillow or may help you to adopt a more comfortable position. Likewise, a pillow between the knees can help improve the alignment of the hips and spine.

You will be at your largest during the final trimester. Sleeping on one's left side with your legs slightly tucked up towards your chin may allow for more restful nights. This will also direct your blood flow to your baby, uterus, and kidneys. A pregnancy pillow, which is made for your body when you are pregnant, may help.

Sitting

Here are tips to practice while sitting:

- Keep your body in alignment while sitting and try not to slump or slouch. Use a sturdy chair with a back on the chair to support both your lower and upper back
- Your knees should be slightly high than your hips
- Your feet should touch the floor. If they do not, place a step under them.
- It is also helpful to get up every hour or so and walk around. Try not to cross your legs while seated as this can impair circulation.

Standing

Here are tips to practice when standing:

- It is best to avoid standing for long periods. Try to vary your position often. And shift from side to side.
- When you do have to stand, keep your feet slightly apart and avoid locking your knees. Try to stand on your left leg more than your right
- If you must stand in one place for a long time, place your right foot on a small step stool. This takes some of the weight off your lower back and shift you to the left.

Shoe wear

Choose supportive shoes with good arch support. This will be more important during pregnancy due to the increased stress on your feet as your ligaments loosen throughout pregnancy. Check out our website (www.hruska-clinic.com) for our most recent shoe list and instructions on what to look for in a good shoe.

You may need to buy a larger size, as many women find their feet grow or swell with pregnancy.



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