



Pre- and Post-Natal Pelvic Strengthening

During pregnancy, these exercises can help prepare your body for labor and delivery. In the postpartum period they may help aid in recovery and help your muscles return to their pre-pregnancy state. You should always discontinue any exercise that causes you pain or discomfort. Be sure to talk to your obstetrician before starting any exercise routine. Remember, your Healthy Baby Coach is here to answer your questions.

Kegel Exercises

Kegel or pelvic floor exercises strengthen the muscles of the pelvic floor. These muscles attach to the pelvis and support the bladder, uterus, and bowels like a hammock. You may be more likely to have an easier birth if you strengthen the pelvic floor muscles during pregnancy.

Continuing Kegel exercises in the postpartum period is equally important in order to promote healing, increase urinary control, and to help tone the pelvic muscles following birth.

Kegel exercises are easy to do and can be performed at any time:

- Pretend that you are trying to stop the flow of urine. Try not to move your leg, buttock or abdominal muscles. You will feel the pelvic floor muscles contracting.
- Practice 5 sets of Kegel exercises daily. Contract the muscles, hold for 5-10 seconds, and relax.
- Repeat 10 times for 1 set of Kegels.



Tailor and Pelvic Tilt Exercises

“Tailor” and pelvic tilt exercises offer additional strength benefits in the pre- and post-natal period. Tailor exercises strengthen the pelvic, hip, and thigh muscles. Pelvic tilt exercises strengthen the abdominal and lower back muscles. These exercises can also help relieve lower back pain. Try out a few and add them to your pre- and or post-natal routine, but again, check with your doctor first before beginning any exercise routine.

Tailor Sitting

1. Sit on the floor
2. Bring your feet close to your body and cross your ankles
3. Maintain this position for as long as you feel comfortable
4. Gradually increase this sitting routine until you can do it 10 times a day

Tailor Stretch

1. Sit on the floor with your back straight
2. Stretch your legs in front of you with your feet about a foot apart
3. Allow your feet to flop outward
4. Stretch your hands forward toward your left foot—hold that stretch for a few seconds
5. Stretch your hands forward toward the center—hold that stretch for a few seconds
6. Stretch your hands forward toward your right foot—hold that stretch for a few seconds
7. Gradually increase the amount of stretches until you are doing 10 repetitions twice a day

Don't strain or overstretch to the point of discomfort!

Pelvic Rocking

1. Get on your hands and knees with your hands directly under your shoulders and knees directly under your hips
2. Inhale deeply
3. Slowly exhale while pulling your abdomen into the spine and tightening the buttocks so your whole spine curls into a “C” shape
4. Slowly inhale, straightening out your back
5. Repeat 10 times

Pelvic Tilt

1. While seated on the floor, tighten your abdominal muscles by pulling your naval into the spine
2. Tighten the buttocks by squeezing and tucking under
3. Keep your knees relaxed
4. Gradually increase the number of tilts until you are able to do 10 repetitions twice a day.

NOTE: Pelvic tilts can be done while seated. Just make sure you are sitting up tall with your back straight between your tilts.