



During pregnancy, hormones make ligaments soft and stretchy. If your pelvic bones are not even, this can cause pain. You may feel pain in the front, sides and/or back of your pelvis. Your goal is to make your pelvic bones even and to make the muscles around it balanced, strong and supportive.

## Exercises

Do these in order, once per day or as recommended by your physiotherapist

### 1. 10:00 – 2:00 Exercise

- start lying on your back, knees bent, feet flat on bed or floor
- bring one knee up and out on an angle toward same side shoulder, hold onto outside of your knee
- pause and hold for 20 seconds
- repeat with other leg



### 2. Butterfly Opening Exercise

- start lying on your back, knees bent and feet together
- let your knees fall open and press soles of your feet together



Different things to try with above exercise:

- push knees out against someone's hands
- tighten your buttocks

### 3. **Buttock Squeezes**

- start lying on your back, knees bent, feet flat
- squeeze your buttocks together, hold for 2 seconds; relax
- you can also do this in sitting



### 4. **Bridge/Bottom lifts**

- start lying on your back, knees bent, feet flat
- keep your feet and knees slightly apart during exercise
- pushing through your heels, lift your bottom off of the bed, hold 2 seconds and then lower slowly



### 5. **Isometrics**

- start in sitting position, push your knees out into your hands, hold 3 seconds, relax
- in sitting, bring one knee up toward your chest,
- push your knee into your hands, hold 3 seconds, repeat with the other leg

#### **Helpful Hints:**

##### **Sleeping:**

- top knee behind bottom knee, may use pillow between knees

##### **Rolling:**

- bend leg on opposite side you want to roll to.
- squeeze buttock of bent leg to start roll and keep squeezing until you are on your side.
- keep knees apart

##### **Sitting:**

- Use lumbar support and let your legs relax (don't grip or hold legs together)

##### **Standing:**

- lift breast bone and soften knees

##### **Side to middle pushes:**

- move your weight over to one side a small amount- push heel into ground to push you back to middle. Pause.
- repeat on other side.

##### **Lifting:**

- squat to bend and lift; keep back straight
- avoid stooping
- don't move things on the floor with your feet/legs or step over baby gates