

Postpartum Exercise for Better Mobility

During pregnancy, our bodies go through many changes, including the expansion of the rib cage and exaggerating spinal curve to make room for a growing baby. As you return to activity postpartum, some new parents may experience stiffness and decrease range of motion due to these changes during pregnancy. Try these exercises to help with increasing your mobility.



Cat/Cow

- Start in tabletop position with your knees under your hips and hands under your shoulders.
- On an inhale, allow your tailbone to reach up to the ceiling while the belly drops down to the ground and your head lifts up.
- On an exhale, allow your tailbone to round down towards the ground, the middle of your back lifts towards the ceiling, and your head drops toward the ground creating an arch with your spine.



Upper Back Foam Rolling

- Lie on your back with your knees bent and place the foam roller across the bottom of your shoulders.
- Clasp your hands behind your head and place the weight of your upper back on the foam roller. Make sure your head and neck remain in a neutral position.
- Raise your hips. Roll the foam roller to the bottom of your shoulders, then to your lower neck, and back.



Thread the Needle

- Start in tabletop position with your knees under your hips and hands under your shoulders. Place your right hand on the side of your head, lifting your head and arm together, gaze up to the right.
- Follow your right arm (remaining bent) down as you place it under your chest. Keep your hips lifted. Allow your right shoulder to rest on the ground.
- Push your hips back and up and keep some pressure in your left palm.
- To release, press into your left palm and slowly move back to the neutral tabletop position. Repeat on your left side.



Hip Flexor Stretch

- Begin by kneeling on the floor. Bring your right leg in front of you so that your right thigh is parallel to the floor, with your knee bent at a 90-degree angle and your foot flat on the floor.
- Leave your left knee on the floor, making sure that your shin is pointing straight back.
- Put your hands on your hips, then bring your thumbs downward, contract your glutes, and feel your pelvis tuck under you.
- With your back straight, shift your weight forward until you feel a stretch through the front of the left thigh and groin. Repeat on the other side.



To make an appointment at HSS, call [561.657.4581](tel:561.657.4581), email HSS4theBreakers@hss.edu, or visit [HSS.edu/thebreakers](https://www.hss.edu/thebreakers).