

**ASK THE EXPERTS:**

# Prenatal Exercises for Comfortable Core Activation

Continuing these exercises for the duration of your pregnancy will help your muscles adapt to the growing baby. In addition to the exercises below, stretch your calves for 90 seconds daily. Stop if experiencing pain or any other unusual symptoms.



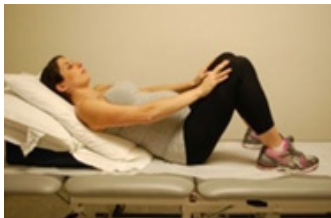
## All 4's position

On hands and knees with spine in neutral. Unloads pressure off spine



## Child's pose

Start on hands and knees and sit back on heels. Provides relief of low back pressure



## Propped up position

Lie back keeping your trunk elevated and spine in neutral. This is a good position to do core strengthening.



## Cow/cat pose

On hands and knees. Look up and arch back (cow), look down and round your back (cat) to increase spinal movement.

Start with 5-10 reps, hold 5 seconds, repeat 2-3 times a day. If any exercise causes discomfort, do not continue.



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