

Movement Tips

- Try the Rost Moves Mama's app. It has many helpful tips on how to move to avoid pain and strain.
- **Exhale during exertion** or anything difficult to help increase your core stability. Avoid holding your breath.
- **Squatting and/or lifting:** Inhale to lower into a squat (perhaps to pick something up). As you lower, your tailbone should gently lift and move away from your pubic bone as your pelvic floor muscles relax. As you exhale, lift back up to standing as your pubic bone and tailbone move closer together and your core activates.
- **Manage discomfort in standing or walking:** If you are sore in standing, you can shift your weight side to side. Slightly bend your knees and press one heel into the ground, then move back to centre. Shift to the other heel and then back to centre. This will activate your glutes which will help to realign and relax your sacroiliac joints. Repeat side to side.
- **Standing up from sitting:** Breathe and sit at the edge of the chair with proper alignment. Exhale and press your fingertips into your thighs (this helps activate your core) to help as you stand up. You can exhale and press your fingers into your thighs as you sit down as well. This will help to stabilize your pelvis and decrease discomfort.
- **Rolling over to get out of bed:** When trying to get up from lying, be sure to do it in two steps. Be sure to breathe. Bend the leg on the opposite side of where you are rolling towards. Exhale and press into the heel of your bent leg to push you to your side. On your next exhale, press yourself up to sitting using your arms and allow your legs to move off the side of the bed. Reverse this to lie down into bed – breathe out as you lower to your side.
- **Muscle balance exercise to help with pelvic alignment, relaxation, and flexibility:**
 - 1) Lie on your back (on a bed or on the ground) and take note of how you feel to start, and check in again after you do this exercise.
 - 2) Lie on your with the soles of your feet together and your knees relaxed out to the side, open like a book or a butterfly. Exhale and press the edges of your feet into the bed and inhale to relax. Repeat this 5 times
 - 3) Exhale to bring your knees up together and squeeze your thighs together. Inhale to soften your inner thighs and relax your legs there. Exhale to gently squeeze your thighs together again. Repeat this 5 times.
 - 4) Separate your feet to hip width, with your knees bent and feet flat. Exhale and lift your pelvis slightly off the ground in a bridge. Inhale to relax and lower all the way to the ground. Repeat this 5 times, making sure you only lift as high as you can WITHOUT causing pain.Repeat this whole sequence up to 3 times, as needed. This can be done 1-2 times per day to keep your pelvis in ideal alignment, to relieve any discomfort anywhere below the waist.