



PhysioBiz

Welcome to PhysioBiz, with healthcare advice and information you can trust and rely on, brought to you by the South African Society of Physiotherapy!

OH BABY!

Pregnancy is so many things. It's dazzling and difficult, enchanting and exhausting, isolating and unifying. This month, we give you some basic exercises that will keep you fit and healthy. The more active and fit you are during pregnancy, the easier it will be for you to adapt to your changing shape and weight gain. It will also help you cope with labour and after the birth.

“A baby is the reason not an excuse!” – Ashley Krek

Wild child pose

Start on all fours by kneeling on both knees and hands in line with the shoulders. Your knees should be parted wider than your hips to create space for your belly, on your heels (which should be facing up), and lean forward slowly with your body, walking your arms out in front of you. Make sure you are breathing as you come into the pose and are not holding your breath, especially if you are feeling any sensation or even pain at this point. Most people feel a stretch in their hips, and lower back.





Chair pigeon pose

Bring your right ankle to rest on your left thigh.

Hold for at least five breaths, then repeat on the other side. The chair pigeon pose stretches your glutes, and groin and stimulates your digestive system.

Stretching with lateral flexion

Sit in a cross-legged position. Reach your right arm to the sky and inhale.

As you exhale begin to bend to the left. Keep your head in line with the rest of your spine, gaze forward. If it is comfortable, look up toward your right arm. This stretch aids in lower back pain relief.





Cat-Cow Stretch

Start on all fours. As you inhale and move into cow pose, lift your pelvic bone upward, press your chest forward, and allow your belly to sink. Lift your head, relax your shoulders away from your ears, and gaze straight ahead. As you exhale, come into a cat pose while rounding your spine outward, tucking in your pelvic bone, and moving your pubic bone forward. This is an ideal pose to assist with lower back pain.

Standing Downward-Facing Dog

Place your hands on the back of a chair with the seat facing away from you. Step backward until your back and legs create a 90° angle at the hips. Push your hands down on the chair as you move your hips back. The downward-facing dog is a fantastic pose to stretch the muscles of the back and hamstrings.

