

Exercise Prescription: Perinatal Functional Position 5

Purpose of Exercise:

This exercise builds core and pelvic stability as well as hip mobility in a deep squat position. Baby utilizes this position to complete many tasks in and it is great to practice for birthing.

Frequency:

Maintain position for 5-10 belly breaths. Repeat 3-5 sets, or to tolerance.

Starting Position:

Assume the quadruped position. Wrists should be shoulder width apart and in alignment with your shoulders. Knees should be hip width apart and in alignment with your hips.

Exercise Description:

You will use belly breathing for this exercise (Inhale, fill belly like a balloon, expand lower ribs to the sides, fill pelvis with air, exhale, kegel).

Step one foot forward and outside of the arm on the same side. Repeat with other foot. Maintain neutral spine in this deep squat position. Try to grow tall, lifting the top of your head toward the ceiling. Gently sway side to side, working the mobility of each hip.

Remember that some minor new pains or discomfort during the exercise are normal and expected. You are waking up muscles that you don't normally use. If the discomfort worsens with each repetition, discontinue exercise and notify your chiropractor.

Picture:

