



Yoga for lower back pain in pregnancy

Lower back pain in pregnancy is very common and can be caused by the multiple changes occurring in the body.

. The Relaxin hormone is softening the joints of the body and expanding the pelvis to allow for space baby, these hormonal changes can cause pain

. The additional weight of the breasts and the baby in the pelvis or front body can change the posture.

To remedy this, it is helpful to bring your posture back to neutral to bring down pain, mobilise and stabilise the pelvis through exercise.

It is safe to lie on your back for short periods of time if you are comfortable.

1. Lie on back. Rocking pelvis on sacrum from side to side, from tip of the tail bone to lower back and a circular movement, first one direction then the other, any movement is good here, it must come from the low back and pelvic girdle about 10 times is enough to start with, but never push through pain, though it may be uncomfortable at first

The above is an anterior and posterior tilt.

2. Then go side to side hip to armpit still on your back and back to centre, this can also be done on a birth ball or on the side of the chair.

There are 4 core muscles in the body the respiratory diaphragm, the pelvic floor, the transverse abdominals and the deep multifidus muscles, the spine stabilisers, these are all being put under pressure by your growing baby.

3. Practicing relaxation on the exhale is helpful for relaxation after a contraction.

4. The glutes are key in preventing lower back pain. Practice **setu banda** or half bridge pose, lift the hips and squeeze your large buttocks muscles the glutes. Inhale, belly gets big, exhale pull baby in activate glutes, **do not hold your breath** continue to breath than release. if it is sore do not go as high. Continue till tired, it's important to stabilise and strengthen these glutes.

5. All fours cat-cow, we want the pelvis to be mobile and pain free. Cat gives length to the lower spine; it can be slow and subtle; you can move from here into circles in both directions.

Then wag the hips to arm pits in a slow and deliberate manner.

6. Childs pose, lengthening in your lower back, and pelvic floor relax and open.

Use common sense, if it hurts don't do it, if you're worried go see a doctor. Be safe.