



Top 10 Tips for Pain Free Pregnancy & Breastfeeding

1. Stretch your chest, shoulder muscles (rotator cuffs) & trapezius muscle 2x day (after breastfeeding). Hold stretches for 30 seconds!
2. Use a small 'all-ball' (or firm tennis ball) to treat painful trigger points in your shoulders (against wall), back and buttocks (lying on floor). Stretch afterwards!
3. Do pelvic floor exercises regularly, both before and after labour. Do them at a specific time of day so you don't forget (eg. While cleaning teeth, watching TV or breastfeeding).
4. When breastfeeding, carrying, or soothing your baby, try not to 'hunch' your shoulders (eg. to raise the baby's head or when stressed). Keep the shoulders relaxed down; try to develop an awareness of when you are hunching your shoulders.
5. Do regular back & core (abdominal) strengthening & stretching (eg. Pilates). This helps to avoid back pain, pelvic girdle pain and pubic symphysis disorder.
6. Put a rolled up towel or lumbar support behind the curve of your lower back when breastfeeding. Also keep your chest open and shoulders relaxed down.
7. Try not to do chores carrying your toddler 'on one hip'. Encourage the toddler to walk or occupy themselves. If you have to carry them on your hip then do this rarely, and alternate the hips regularly!
8. When picking up your baby/toddler (or anything quite heavy) remember to follow this lifting advice:
 - Keep the load close to the body (never reach forward or lift at arm's length).
 - Never twist the back/torso while load-bearing. Ensure your feet and hips also turn to face the direction of the load.
 - Keep the lumbar spine straight when lifting (don't curve it forward when bending forward/lifting).
 - Use your legs and knees to lift, to limit the load on the back (bend knees/hips).
9. If possible, enrol on a hatha yoga, Qi Gong or meditation class while your partner/a loved one looks after the baby/toddler.
10. Book a regular Advanced Clinical Massage to address likely soft-tissue/joint pain, muscular tension and stress during pregnancy & breastfeeding.