

7 DIY TIPS TO RELIEVE PREGNANCY DISCOMFORT



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RESTORE YOUR ENERGY, REBUILD YOUR HEALTH, REVITALIZE YOUR LIFE

You may be thinking “Wait, I’m in pain, I don’t want to move!” but one of the best things you can do is stay active from day 1 to help decrease pain throughout the length of your pregnancy. Try one tip each day to see what works best for you.

1 Walking and Daily Movement

Walk 10 minutes each day.

WHY: Movement allows you to keep your muscles limber and strengthen your core as your body shifts and changes each and every day throughout pregnancy.

DIY TIP: Try a 10 minute walk around the block to help your joints and muscles become more limber. If you can’t get outside-opt for the stairs or maybe even laps around your house to get in your movement for the day.

2 Heat or Ice

10 minutes on per hour.

WHY: Sometimes you are feeling the aches and pains that feel like a sore muscles and are looking for a quick way to help decrease the discomfort..

DIY TIP: Try heating or icing the area for about 10 minutes per hour as a natural way to alleviate tension in your muscles and joints.

3 Breathing and Baby Connection

3-part yoga breaths.

WHY: One of the best ways to decrease some of the tension associated with pregnancy is to work on your *breath connection*.

3-part yoga breath is a quick and easy way to work on deep breathing and it gives you an opportunity to spend a few minutes checking in with your body and baby. Deep breathing can also help to stretch out the diaphragm that might be a little tight from an arm or leg poking up!

DIY TIP: To do this find a comfortable position and place one hand on your heart and one hand over baby. Inhale filling your belly, then rib cage, and finally the top of your lungs. As you exhale, release air from the top of your lungs, rib cage, and finally belly. Repeat this cycle as needed to help you take your focus away from your discomfort and back to your connection with your baby.



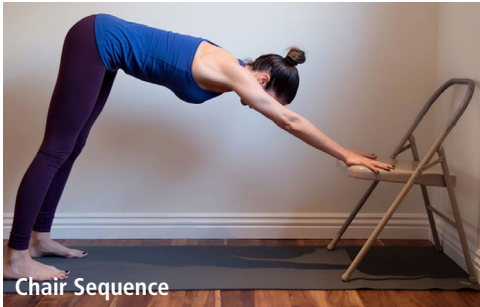
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4 Prenatal Yoga

Try these yoga sequences at home.

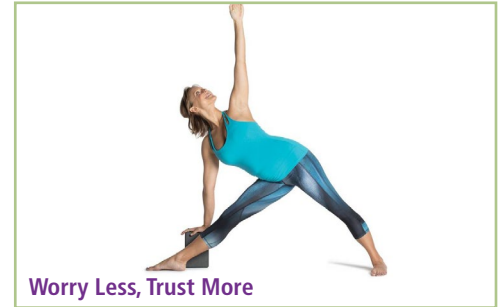
1. [Prenatal Chair Sequence](#)
2. [Pelvic Floor Posture](#)
3. [Worry Less, Trust More](#)



Chair Sequence



Pelvic Floor Posture



Worry Less, Trust More

WHY: Gentle moving and stretching gives your muscles release and helps to manage your posture and build strength. Yoga is also a wonderful way to focus on building connection to breath and body to help make labor and delivery easier.

DIY TIP: Try some of the following sequences to ease the discomforts of pregnancy, strengthen your pelvic floor, or decrease worry and build trust.

5 Sleep Pillows

Aligning your spine promotes better sleep.

WHY: A lot of times it is challenging to find a good way to sleep. Getting enough rest will help you decrease inflammation and heal as your body changes throughout pregnancy.

DIY TIP: I recommend looking at sleep pillow options to help you sleep comfortably on your side. You want to keep your spine aligned so make sure you have a firm enough pillow for your neck. Also use pillows to support your growing belly and one between your legs to help keep your pelvis aligned. Look for "U Shaped" or "S Shaped" pillows to find the right support for you.



S-Shaped Pillow

Available at amazon



U-Shaped Pillow

Available at amazon



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6 Shoe Check!

Take a break from the heels.



WHY: One of the biggest areas of concern throughout pregnancy is how your pelvis manages the constant changes in your body as your baby grows.

As humans, we are meant to be as close to barefoot as we can get. Heels put a tilt in your pelvis causing increased stress and tension throughout your low back and hip stabilizers.

DIY TIP: So before you leave the house in the mornings remember to grab flats or sneakers to decrease the stress to your hips and low back.

7 Maternity Belts

Support your lower back to balance pressure.

WHY: Maternity belts (or SI belts) are a great way to get a little extra support for your low back throughout your pregnancy. These belts are designed to take on some of the weight of your belly and disperse the pressure. This decreases the pull from baby on your low back and can help to stabilize your pelvis and alleviate some pain.

DIY TIP: Invest in a maternity belt and wear it daily for extra support. Good options include:



Gabrialla Belt



Bracco Maternity



Babo Care



Resources: Mayo Clinic, Pediatric Chiropractic (Anrig & Plaughter), Yoga Journal

This booklet is to provide you with information to help you through the stages of your pregnancy, it is not meant to diagnose and/or treat any illness or disease.

You should never self-diagnose and you should always work with your OB/GYN, midwife, nurse practitioner, naturopath, or other birth care provider with any issues that may arise during your pregnancy.

At Body and Balance Chiropractic our number one goal is to give patients the support they need to have happy, healthy families. To learn more about how chiropractic care is a safe and effective way to manage pain and discomfort in your pregnancy and beyond...

Schedule your appointment [online](#) today!



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