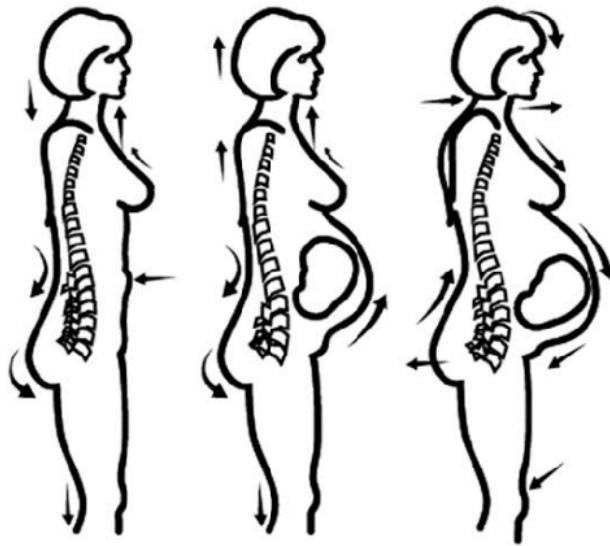
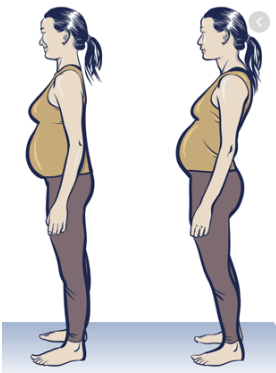




Posture Cues:



No “perfect” posture – but being pregnant can alter your posture, and finding ways to minimize the impact of these postural changes can help to reduce the incident of pain and injury during and after pregnancy.



Steps for Good Posture:

- **Avoid:**
 - Hyperextending your knees
 - Sitting “into” your hips – pushing them forwards)
 - Letting upper body hang backwards
 - Forward head posture
 - Don’t let your breasts rest on your belly
- **Try for:**
 - Imagine a string on top of your head pulling you tall towards the ceiling
 - Rib cage stacked over your pelvis/hip bones
 - Weight balanced between both feet and evenly between heels and toes
 - Chin lines up with your sternum (chest bone)