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# MOVEMENTS + STRETCHES

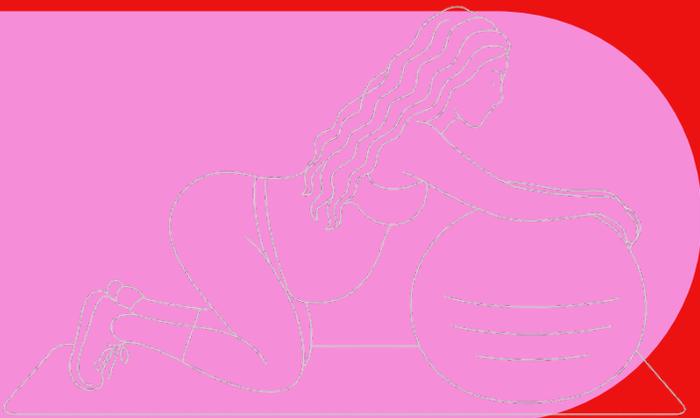
## TABLE TOP

**This position allows the birth ball to support your upper body - a much needed thing that's often overlooked in the delivery room! You can add gentle movement side to side, front to back, or in circles, focusing on what gives your body relief. This is also a great position for pelvic tilts, tucking your tailbone under you and then extending it.**

1

## LABOR TIP!

If you are close to pushing, or are pushing, make sure you have your feet slightly wider than your knees. This will help to open the bottom of the pelvis to create more space when your baby is exiting!



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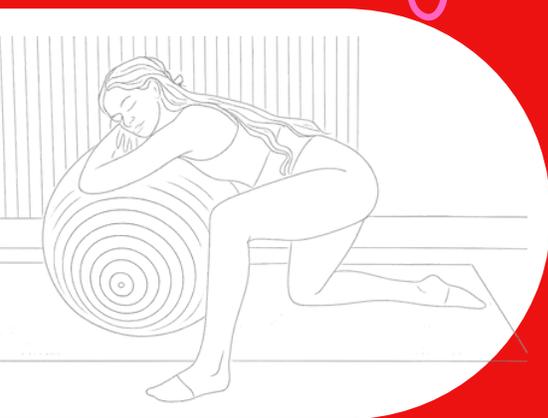
# MOVEMENTS + STRETCHES

## LUNGE

This asymmetrical movement can really help open up the mid portion of the pelvis which can be helpful in cases where your baby may have stalled. A stalled labor refers to a slowed or paused progression of labor.

To get into position here, drape yourself over the ball to support your upper body. Then pull one leg to the front, kneeling on your back knee. Take some deep breaths to settle into the pose.

2



## LABOR TIP!

Gently rocking forward-backward or side-to-side can help you open up your pelvis. Don't be afraid to move — just keep your movements gentle and controlled.

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## PELVIC CIRCLES

To get into this position, sit upright on the ball. Good posture is key for this one — no slouching allowed! Once you're situated on the ball, make small circles. Try to isolate your pelvis rather than moving your entire body! If it feels weird, imagine you're hula hooping.

3

## LABOR TIP!

You can do small or large circles (I recommend both)! And don't forget to alternate and go in both directions. You can either do one direction, then the other, or you can level up into a figure 8 movement. Again, it's about finding a pace that works for your body.

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## HIP ROCKS

Your pelvic floor muscles are an essential part of labor and delivery, not to mention urinary and bowel function, healthy breathing, and other every day functions. But they don't work in isolation! The muscles of your pelvic floor attach to your pubic bone, which is also home to other muscles — like your hip adductors.

By incorporating movements that engage and stretch your adductors, you can improve your inner thigh mobility, which will be important in the later stages of labor. Your pelvic floor muscles and your hip adductors are intimately connected with one another!

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## LABOR TIP!

An overly tight pelvic floor can cause extreme difficulty in vaginal deliveries. An inability to relax your pelvic floor can lead to tearing and damage during delivery — so suffice it to say that this movement is essential labor prep!



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