Inspired Maternity
Prenatal & Postpartum Fitness

What is good posture?

During pregnancy, you may have noticed some of the curves in your spine, particularly your lower back, became exaggerated. This is to accommodate your growing baby, and to stop you from losing your balance and toppling over.

But now, we need to correct those curves!

- Starting at the top: the crown of your head, the same area as the soft spot (fontanelle) on your baby's head, should be the highest point. Try imagining you are wearing a tiara, and see how long you can make the back of your neck, without straining or sticking your chin out.

© 2013 Herman & Wallace | Pelvic Rehabilitation Institute | inspiredmaternity.org

- The area in between your shoulder blades should be relatively flat – no slumping shoulders! Try lifting up from your breast bone, and with your arms down by your sides, line up the tips of your middle fingers with the ankle bone on the outside of your legs.

- There should be a gentle curve in your lower back, but you may have to practice lightly drawing in your tummy muscles to achieve this – your PT can show you how to engage these muscles correctly – no breath-holding!

- Try to keep even weight on both feet and no heavy shoulder bags to throw off your alignment.

© 2013 Herman & Wallace | Pelvic Rehabilitation Institute | inspiredmaternity.org