

Lower back stretches in pregnancy

Women's Health Physiotherapy

Information for Patients

Last reviewed: February 2023

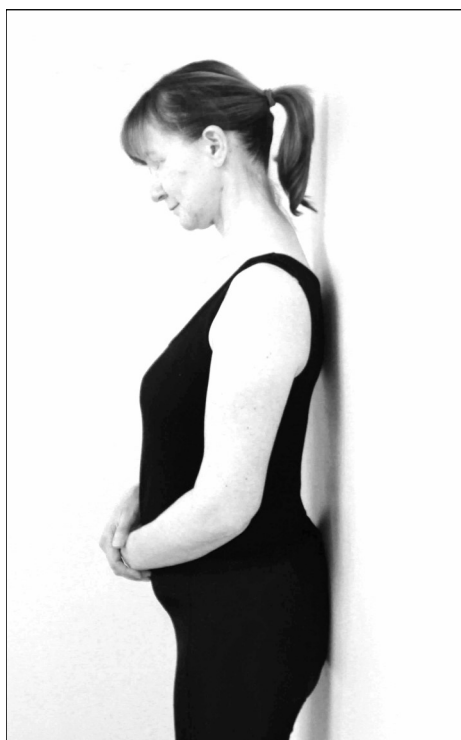
Next review: February 2026

Leaflet number: 442 Version: 3

Please speak to your physiotherapist before starting these exercises.

Stand with your back against a wall. Your feet should be shoulder width apart and a comfortable distance from the wall - about 12cm.

Gently tighten your tummy muscles, and flatten your lower back against the wall. You may feel a gentle stretch in your lower back, and in your groin. Use this technique to correct your posture throughout the day.



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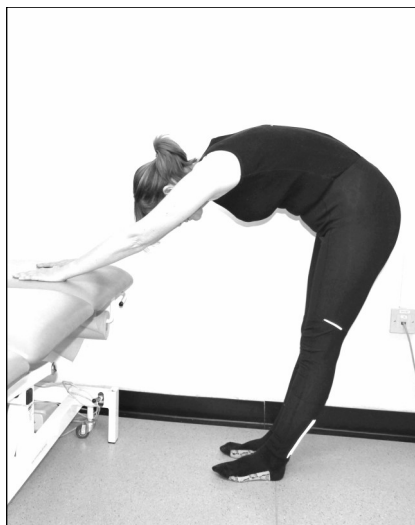
Stand with your back flattened against the wall as shown overleaf. Gently lean to one side, keeping your shoulder blades and lower back against the wall.

You should feel a stretch on the opposite side to which you are leaning. Hold this stretch for 20 to 30 seconds. Gently return to the upright position.

Repeat on the opposite side.

Stand, leaning forwards with your hands on a worktop or chair. Arch up your back. Then slowly allow your hips to rock backwards as shown below.

You should feel a gentle stretch at the bottom of your back. To increase the stretch, walk your hands to one side, keeping your hips facing forwards. Hold for 20 to 30 seconds as your symptoms allow - do not push into pain.



Kneel on all fours and arch up your back. Allow your hips to rock back over your heels, as shown below.

To increase the stretch, walk your hands to one side, keeping your hips pointing forwards. You should feel an increased stretch on the outside of the curve. Hold for 20 to 30 seconds.



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