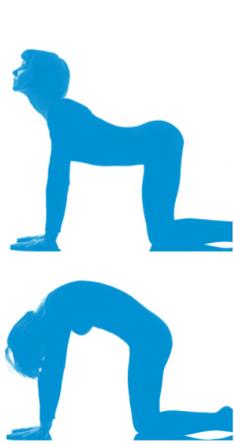


# Exercises For Round Ligament Pain

Aches and pains are common during pregnancy as your abdomen grows larger. Round ligament pain affects many pregnant mothers. The round ligaments support the growing uterus and can become irritated during pregnancy. You might experience sharp or aching pain on either side of the abdomen because the round ligaments connect the uterus to the groin. These special exercises can help relieve the pain. Your ligaments are more relaxed during pregnancy, so be gentle with yourself. Use a mat for comfort, and easy does it!!



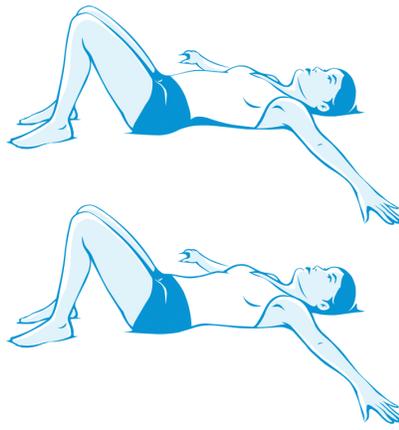
## Cat- Cow

Begin on all fours. Keep the tops of your feet flat on the mat, shoulders directly over your wrists, and hips directly over your knees.

As you inhale, drop your belly, letting your back arch, but keep your shoulders rolled back and down while looking forward and slightly upward. This is Cow.

As you exhale, press into your hands and round your upper back, while looking in toward your belly. This is Cat.

Repeat at least 3-5 times.

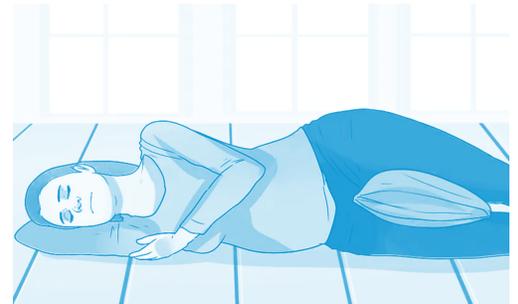


## Pelvic Tilt

Begin lying on your back with your knees bent and feet flat on the mat.

Take a deep breath and tighten your abdominal muscles. While holding your breath and your abdominal muscles, push the small of your back into the floor. Hold this position for five slow counts while you exhale.

Repeat at least 3-5 times.



## Savasana Pose

The savasana position is often the final relaxation pose in yoga sequences.

To perform this pose, curl into a fetal position with your arm extended to support your head, or use a pillow.

This move is practiced on your left side while pregnant, with a pillow in between the legs to relieve pressure from the lower back.

Hold the pose for several minutes