

Rob Rich
Ortho-Bionomy



SELF-CARE EXERCISES TO HELP WHILE YOU'RE PREGNANT

For more information on Ortho-Bionomy or to book a session
give Rob a call on 0405 671 033

rob@ob.net.au | www.ob.net.au

Facebook – Ortho-Bionomy on the Sunshine Coast

Ebook: Exploring your intelligent body www.eyib.com.au

SELF-CARE FOR PREGNANCY

The following exercises are derived from Ortho-Bionomy, a form of bodywork that evolved out of Osteopathy in the mid 1970's.

The body is an intelligent system so when there is a dysfunction such as lower back pain then your body has the capacity sort itself out. We call this the self-corrective response. When a dysfunction persists, the body needs more information in order to understand what the dysfunction is. This is what we do during Ortho-Bionomy sessions.

Ideally it would be great if you could get your body in shape before you become pregnant. However, this may not be possible as life happens in its own timing.

Jenny Blyth recommends not getting bodywork in the first 16 weeks unless you are in acute pain. However, this is a time you might wish to do some form of gentle self-care.

When there is lower back pressure in the second trimester that would be a great time to start getting Ortho-Bionomy or some other gentle form of bodywork that assists the body to adapt to the changing centre of gravity.

Ortho-Bionomy is also very useful after birth to assist the body to adapt to the changes as the relaxin (the hormone that softens the connective tissue leading up to birth) decreases. It is recommended that no bodywork occur in the first two weeks after birth to give the body a chance to reorganise itself and after that if you can find a therapist that uses really gentle touch that would be ideal. The aim is to support the body to self-correct and become more functional as the hormones adjust post birth.

The following self-care exercises can be used anytime in a slow deliberate way that is focused on finding a position of comfort.

What are we trying to do with these self-care exercises?

Your body has adapted to life in a variety of ways prior to becoming pregnant. As your body is forced to change with the growing foetus and changing hormones these adaptation patterns must shift. This can create lower back pain in different places. The self-care exercises presented here assist in releasing muscles and realigning joints in order to hopefully reduce this pain.

The exercises help to release the psoas, realign the pelvis, release tension around the sacrum and coccyx and release the tension through the abdomen.

The exercises are divided into techniques for while you are still comfortable lying on your back and variations for when need to lie on your side. Feel free to modify the techniques to make your body feel comfortable.

A position of comfort is important as it allows the body to rest down and relax. It also allows the body to understand what the underlying dysfunction is, and this is crucial if the self-corrective process is to unwind the dysfunction and the compensation patterns.

These self-care exercises give you some options for helping yourself but does not replace sessions to help maintain your postural integrity. If pain persists seek help from suitably qualified health practitioners.

Good luck with your reproductive adventures 😊

For more information on Ortho-Bionomy or to book a session give Rob a call on 0405 671 033

rob@ob.net.au | www.ob.net.au

Facebook – Ortho-Bionomy on the Sunshine Coast

Ebook: Exploring your intelligent body www.eyib.com.au

EXERCISES WHILE YOU CAN STILL LIE ON YOUR BACK

***** All these exercises should be comfortable, if what you are doing is not comfortable, then stop.*****



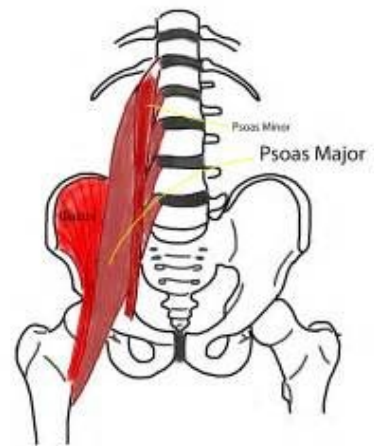
Names of the parts of the pelvis used in this document.

Lower back pain is relatively common and can be due to a number of reasons. A tight psoas muscle is one reason. When the lower back is unstable or there is stress hormones circulating the body recruits the psoas muscle this draws the lumbar spine forwards or if one side is contracted more strongly can pull the trunk to one side (lateral flexion). Releasing the psoas can help the lower back relax.

Psoas Release + Yawning

- Lie on your back with your legs up on a chair, so your calves are fully supported.
- Gently curve around to one side and grab the chair leg.
- Pull the chair around to further exaggerate the curve, this should feel comfortable. fine tune the position to find the most comfortable place you can.
- While you relax in that position feel into your lower back, feel for any tension or pain and yawn*.
- Notice how when you yawn the tight muscles start to soften, keep yawning till you back feels relaxed.

*Yawning regulates the production of stress hormones. The combination of shifting your awareness to an area of tension/pain and yawning assists the body to release.



For more information on Ortho-Bionomy or to book a session give Rob a call on 0405 671 033

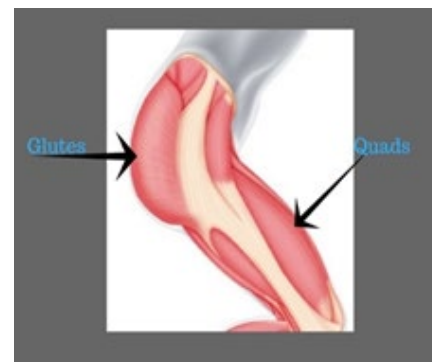
rob@ob.net.au | www.ob.net.au

Facebook - Ortho-Bionomy on the Sunshine Coast

Ebook: Exploring your intelligent body www.eyib.com.au

Side Lying or Sitting Psoas Release

- Lie on your side in a position of comfort.
- Place your hands on your thighs.
- Contract your quads for 3 seconds
- Then relax.
- Then contract your glutes for 3 seconds.
- Then relax
- Feel which one releases the pressure the most for you and repeat.



Sacrum Release

- Lie on your back with either a soft ball under your sacrum
- Find a comfortable combination of directions of pressure by moving your body against the ball
- Explore moving superior (towards your head) & inferiorly (towards your feet), left to right and rotation.



Standing Sacrum Release

- Place a soft ball between a wall and your sacrum
- Find positions of comfort putting pressure on different areas.
- Add more or less pressure by leaning back.
- Hangout where it feels comfortable.



Exploring Pelvic Alignment

First thing in the morning when your bladder is full sit on a hard surface so you can feel your ischium (sit bones).

Slowly roll your pelvis forward till the weight comes off your bladder, this is the position that will reduce the load on your urogenital organs. By revisiting this position regularly, you will find it easier to locate the sweet spot.

As the baby gets bigger repeat finding the spot that takes weight off your bladder.



For more information on Ortho-Bionomy or to book a session give Rob a call on 0405 671 033

rob@ob.net.au | www.ob.net.au

Facebook – Ortho-Bionomy on the Sunshine Coast

Ebook: Exploring your intelligent body www.eyib.com.au

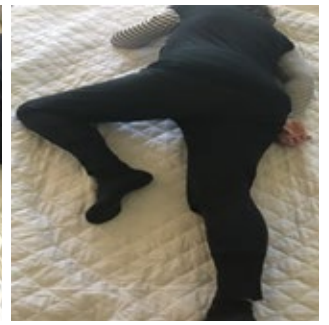
Si Joint Pain

Lie face down

Explore to find a position of comfort with either a pillow/blanket under your thigh raising your leg backwards

Or

Frogging your leg (knee pointing away from your body, foot near the other knee)

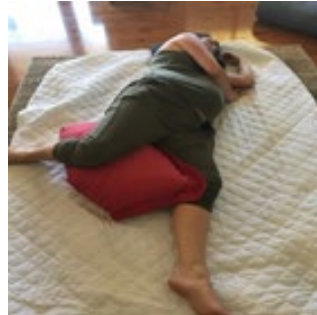


Side Lying Si Joint Release

- Lie on the opposite side from the SI pain.
- Place a large pillow behind you
- Explore moving the leg on top backwards on to pillow

Or

- Place pillow in front and move top leg onto it there
- You are looking for a position of comfort where the SI pain reduces.
- Hangout there for a while and relax.



Belly Button Release

This exercise releases the tension patterns in the connective tissue that is under strain due to the increased size of your baby.

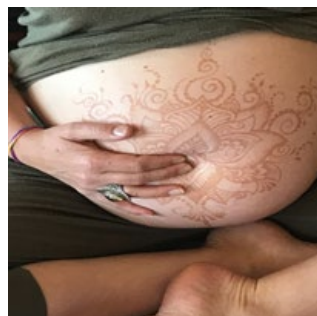
Standing/Sitting

place a finger in your belly button and gently move up & down find which direction is the most comfortable and hang out there for 10 seconds.

Then repeat with left/right and diagonal up/down.

Repeat with your hands underneath the whole belly find which direction is most comfortable –up/down, take to a comfortable place and hangout for 10 seconds.

Repeat with left/right, diagonal up/down and rotation of whole belly.



Perineum Release

The same directional release can be used on the perineum leading up to the big day, this can help reduce tension and allow easier stretching



For more information on Ortho-Bionomy or to book a session give Rob a call on 0405 671 033

rob@ob.net.au | www.ob.net.au

Facebook – Ortho-Bionomy on the Sunshine Coast

Ebook: Exploring your intelligent body www.eyib.com.au

Sciatic Pain

Sciatic pain in pregnancy can come from a number of different places. From nerve impingement in the lumbar spine to a contracted Piriformis muscle. The cause of the pain will affect what relieves the pain.

One self-care exercise for sciatic pain is the sciatic curtsy.

Sciatic Curtsy

- Stand with the effected leg in front of your other leg.
- Slowly bend your knees, keeping your torso upright, till you find a spot where the pressure comes off the sciatic nerve, hang out there for 5-10 seconds.
- Stand up and see if this has relieved the pain.

If the pain is caused by pressure on the nerve root (L3-S1) then releasing the psoas maybe helpful.



Coccyx Pain

- Standing with back towards a wall
- Gently feel down each side of the coccyx to locate which side is more painful
- On the side that is sorer bend knee at 90 degrees and place foot against wall
- Push foot back against wall for a count of 5, then step away from the wall and move same leg backwards.
- Repeat with the opposite leg then return to the first leg.
- Recheck coccyx for pain.



Side Lying Coccyx Release

- Lie on your side
- Feel along the coccyx for pain
- With a finger on the painful spot, yawn
- Recheck level of pain
- Repeat as necessary



You are welcome to print out this document in its entirety and hand out to your clients.

If you have any questions feel free to email me at rob@ob.net.au

For more information on Ortho-Bionomy or to book a session give Rob a call on 0405 671 033

rob@ob.net.au | www.ob.net.au

Facebook – Ortho-Bionomy on the Sunshine Coast

Ebook: Exploring your intelligent body www.eyib.com.au