

Posture & Alignment

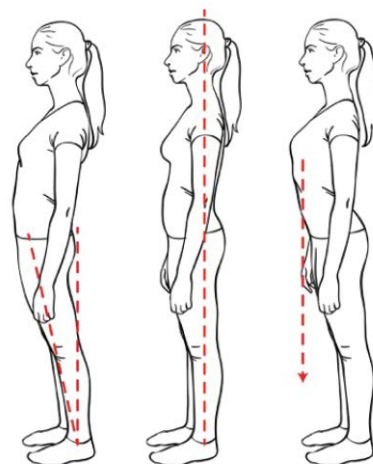
Being aware and optimising your body's alignment and posture during your daily activities throughout your pregnancy and postpartum recovery can help reduce pain and influence the overall functioning of your body including breathing, walking and pelvic floor control.

During pregnancy the weight of your growing baby(s) can change your alignment and posture significantly. Common changes may be an increased curve in your lower back from the weight of baby, widening and flaring of your ribs from your growing uterus and rounded shoulders from the weight of your growing breasts.

Then after birth your posture continues to be challenged with a compromised core and extra new stresses and strains on your upper body from the weight of your breasts and holding and feeding your baby which often causes rounded shoulders and lengthened back muscles.

Changes in alignment can affect the body in different ways, causing all sorts of aches, pains and dysfunctions. Although there is no such thing as 'perfect posture', improvements in posture such as keeping your ribs stacked over your pelvis allows for better function of your body, including but not limited to pelvic floor function. Your core control, strength and function will be of utmost importance to support optimal posture and alignment.

Throughout my training programs I will often cue you to stack your hips over ribs over hips to help guide to you to ideal alignment for optimal outcomes.



Aim for keeping shoulders and ribs stacked over top of pelvis is in the middle picture, your core will function better and your body will feel so much better for it.