

# PROPER SITTING POSTURES TO PREVENT BUTT PAIN

## *During Pregnancy*



### Sitting posture and tips to avoid butt pain at home

Sit straight and avoid slouching



While sitting on the floor, sit on a mat or mattress

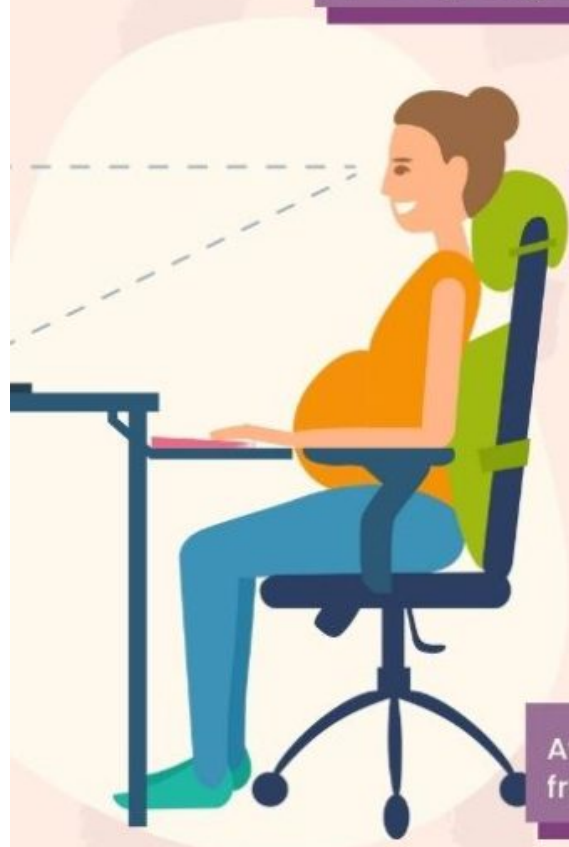
Keep changing positions to facilitate blood circulation

Add pillows or cushions to support your back when sitting



### Sitting posture and tips to avoid butt pain at work

Ensure your knees and hips are at a ninety-degree angle



Choose a chair with proper back support

Sit at the center so that the body weight is evenly spread on both hips

Avoid crossing legs and twisting from your waist while sitting

- References:**
1. Pregnancy: Correct Posture & Body Mechanics; Cleveland Clinic
  2. Pregnancy and Posture; Sutter Health