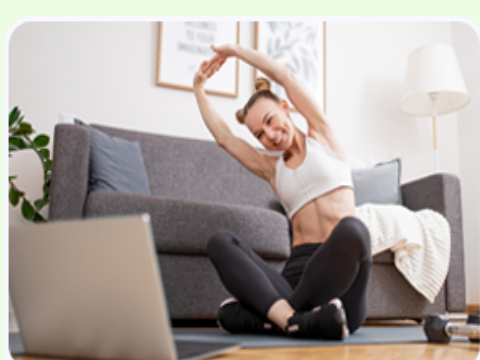




EXERCISES FOR PREGNANCY RIB PAIN



STRETCHING

- Sit straight and bend sideways
- Raise your hands above your head on the same side and stretch
- Hold and repeat on the other side



CAT STRETCH

- Get on all four with your belly facing downwards
- Dip your back, forming a concave arch, and stretch facing upwards
- Bring you back to a convexed arched position
- Repeat at least five times



CHILD POSE STRETCH

- Kneel with knees apart
- Bend forward and let your bottom touch the heels of your feet
- Touch the mat with both the hands
- Hold the position for 30 seconds and repeat at least three times



RIB/LOW BACK STRETCH

- Lay flat on the mat
- Twist your lower body on one side and head to the other to feel the stretch
- Extend your hands to both sides, forming a T
- Breathe and relax back to a normal position

REFERENCES

1. Sore ribs in pregnancy; Health Service Executive
2. Upper back and rib pain; Ashford and St. Peter's Hospitals; NHS
3. Rib pain in pregnancy; Royal Berkshire; NHS