

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

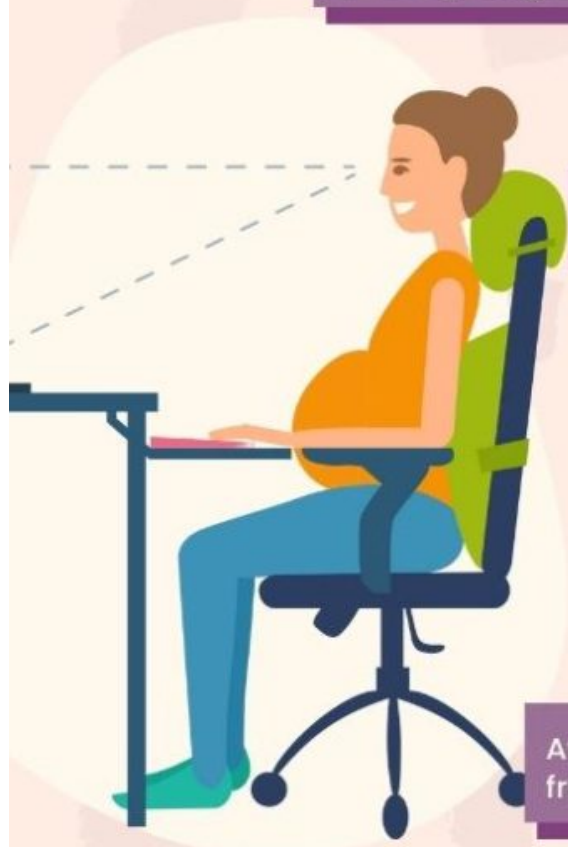
Keep changing positions to facilitate blood circulation

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