



## Using your fitball during pregnancy, labour and after

### During pregnancy

In pregnancy you can use your fitball to:

- Assist good postural alignment
- Provide deep support to the perineal region
- It's easier to get from than a normal chair!

### During labour

In labour you can use your fitball to:

- Encourage optimal fetal positioning through the natural forward tilting of the pelvis
- Reduce muscle fatigue and tension
- Facilitate rotation and descent of the baby through tilting/rocking movement
- Support for while in the bath or shower

### After birth

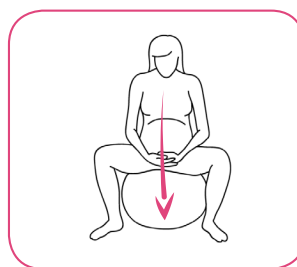
After you've had your baby, a fitball is a great seat for breast feeding!



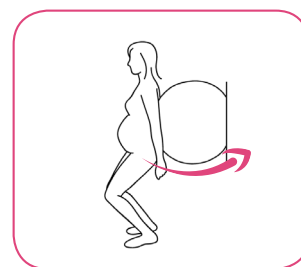
*pelvic tilts*



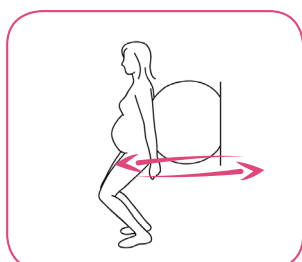
*pelvic circles*



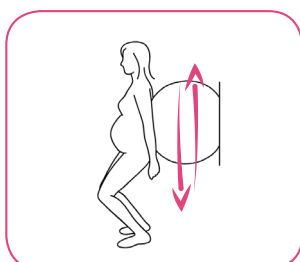
*pelvic rocking*



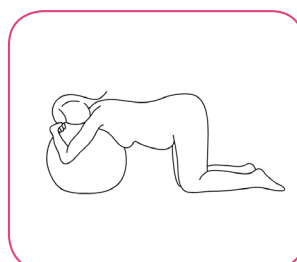
*pelvic circles/rocking*



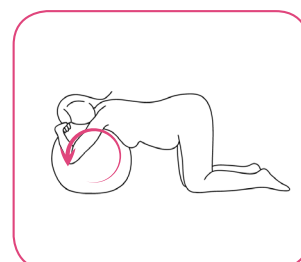
*lumbar compression 1*



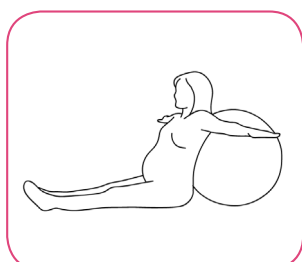
*lumbar compression 2*



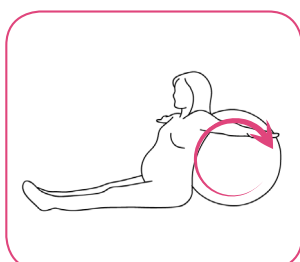
*static support*



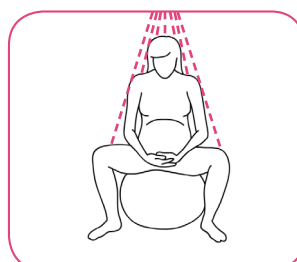
*dynamic support*



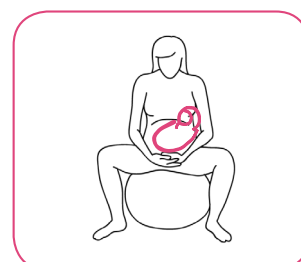
*static lumbar support*



*dynamic lumbar support*



*under the shower*



*breast feeding*