

# MAINTAINING RIGHT POSTURES WHILE PREGNANT



## Standing in the kitchen

- Maintain appropriate standing postures
- Rest often, avoid long-standing phases
- Distribute body weight on both feet; do not stand on one foot

## Sitting at workplace

- Choose a chair with adequate back support
- Adjust the chair's height to the desk
- Relax your shoulders and support your arms on the chair's armrests
- Avoid crossing legs
- Avoid frequent bending and sitting for long periods

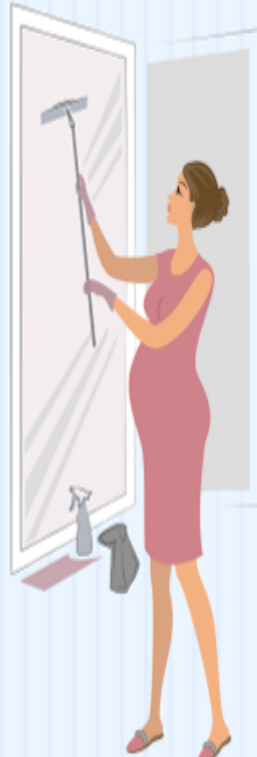


## Driving the car

- Support your back and wear a safety belt
- Adjust seat or steering as per your comfort
- Keep your knees and hips at a comfortable level
- Turn your back, pelvis, and hips in the same direction when stepping out

## Doing household chores

- When bending, straighten your back and bend your hips and knees
- Do not lift objects above waist level
- Use both hands to hold objects



### References:

1. Pregnancy: Correct Posture & Body Mechanics; Cleveland Clinic
2. Pregnancy and Posture; University of Rochester Medical Center