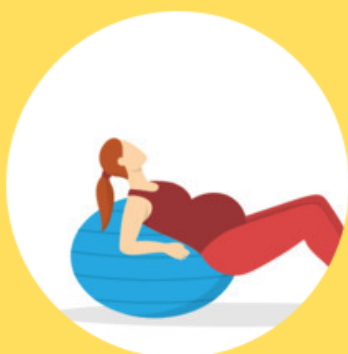


Benefits Of Using A Birthing Ball During Pregnancy



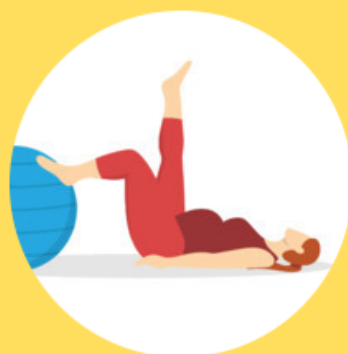
Using a birthing ball can help alleviate back pain and increase mobility.



The upright position provided by the ball can facilitate the baby's descent during delivery, aided by gravity.



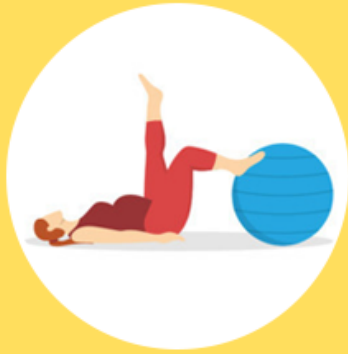
It provides support to the perineum and thighs during labor.



It promotes increased blood flow to the pelvic region, where the uterus and placenta are located.



The ball can reduce pressure on the spine.



The ball offers support to the knees and ankles.



It can reduce the discomfort and pain of contractions.



It can help to stretch and relax the pelvic muscles.

