



Directions to

University of Colorado Health Rehabilitation Services

College Ave.	Mulberry / Hwy 14	Lemay Ave.
	Elizabeth St.	
	Garfield St.	
	Prospect Rd.	

★ Rehabilitation Services

1106 E. Prospect Road, Suite 200
Fort Collins, CO 80524
970.495.8454



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E-3507 11/13

Posture and body mechanics



**Guidelines for pregnant and
postpartum women**



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Guidelines for pregnant and postpartum women

Below are some general guidelines to follow for good posture and body mechanics during your pregnancy and after your baby is born. Most women can manage their pain during pregnancy and after delivery with these guidelines.

If pain interferes with your ability to work, to care for your family or function normally, physical therapy may help. Many insurance companies require a referral from your health care provider to cover physical therapy. Our clinic accepts most insurance plans. You can verify insurance coverage and need for a referral by calling your insurance company or our office.

While sitting

- Use a cushion to support your lower back. Avoid soft chairs.
- Avoid crossing your legs. Support your feet on the floor with feet flat or small step stool.
- Try not to slouch.

While standing

- Maintain good posture and avoid the swayback position.
- Keep your weight equal in both legs, not shifted to one leg.

When lying down

- Hug a pillow to keep your upper back relaxed.
- Support your head with pillows; do not prop a pillow under your shoulders.
- Place a pillow between your legs while on your side to keep the pelvis/back level.
- Place a small towel or pillow under your abdomen to give the baby a “pillow” and keep your back level while lying on your side.
- Most physicians recommend that you avoid sleeping on your back after the first trimester.
- To get out of bed, roll to your side and swing your legs off the edge of the bed while pushing up from the elbow.

With daily activities/lifting

- To lift something from the floor, place feet hip distance apart, bend your knees with back straight, keep the load close to your body at waist level and do not twist/rotate. Avoid heavy lifting when possible.
- Use a stool to reach overhead.
- Avoid twisting your spine while sweeping, vacuuming and mopping. Use a wide stance and small lunge to perform these types of tasks.
- Get on all fours to wash floor.

When caring for other children

- Avoid carrying a child on one hip.
- Use both arms to support the child when carrying or lifting.
- Kneel beside the bath tub; don't lean over.

When to talk to your doctor or health care provider

- If you have sharp pain in the low back or anterior pelvis.
- If you have pain in your legs, especially if you have sharp pain.
- If you have weakness in your legs or loss of bowel or bladder function.
- If pain interferes with your ability to do normal activities.

To schedule an appointment, call 970.495.8454.

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