AVOID NEW MOM BACKACHE

5 Ways to Avoid Backache WHILE WITH YOUR NEWBORN

Consider the fact that parents may be lifting a 7-10 pound baby 50 times a day. By 12 months, your baby weighs approximately 17 pounds, and at 2 years, that child has become a 25-30 pound toddler. The repetitive lifting of your child may put you at risk for back problems.

What's a parent to do? Well, here are some simple tips that can help parents avoid some common aches and pains.

LIFTING

Stand with your feet at least a shoulder width apart. Keep your back in neutral position and bend your knees. Bring your baby as close to your chest as possible, and then lift using both arms.

CARRYING

When carrying your little one, pivot with your feet instead of twisting your back. This will ensure that you're turning with your hips, which will reduce your risk of back pain. Lower your child into the crib or onto the floor by bending at the knees, with a neutral back.

HOLDING

Hold your child in an upright position, directly against your chest. Carrying a child on one hip creates postural imbalances that can lead to low back pain over time.

FEEDING

Always sit in a chair with back support and avoid leaning forward to reach your newborn's mouth. Instead, use pillows or blankets to support and position your baby closer to you.

EXERCISE

Exercise can help increase muscle support for your aching back. While your baby is enjoying tummy time, join them on the floor and do some ***exercises to help strengthen your core***.

There is no time for back pain in parenthood. Talk to your chiropractor about specific exercises to stretch and strengthen your muscles so that you can stay on your toes and a step ahead of your toddler.

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4 Exercises TO RELIEVE YOUR New-Mom Backache

While carrying your bundle of joy for nine months, your abdominal muscles have stretched to make room for delivery. This is a common cause of back pain in new moms because your back muscles now have to work overtime to support your spine and keep you upright.

Here are 4 core exercises you can do with your little one to help decrease the ache.

PELVIC BRIDGES

Lie on your back, bend your knees and put your feet flat on the ground. Place your baby on your pelvis with their back against your thighs. While holding your baby in place, slowly push your hips up towards the ceiling. Hold this position for 3 to 5 seconds. Keep your abdominals tight to avoid sagging your lower back. Inhale as you slowly lower your body back to the starting position. Repeat 8 to 12 times.

PLANK

Lay your baby on the ground, face up, while kneeling in front of them. Place your forearms on either side of your baby and lift your body off the ground. Keep your back in neutral spine position and engage your core by contracting your abdominal muscles. Avoid letting your hips fall or stick up in the air. Hold for 10 seconds, working your way up to 30 seconds. Repeat 3 to 5 times.

STABILIZER

Laying on your back, bend your knees at a 90 degree angle with your feet in the air. Stabilize your baby so they are resting on your shins and hold onto their hands. Engage your core and hold this position for 10 seconds, working your way up to 30 seconds. Repeat 8 to 12 times.

ARM & LEG EXTENSIONS

Get down on all fours with your baby lying on their back and parallel to your chest. Engage your core and slowly lift and extend your left arm and right leg at the same time while maintaining a neutral spine position. Hold this position for 3 seconds, then lower your limbs and give your baby's belly a tickle as you return to starting position. Repeat on the opposite side, lifting right arm and left leg. Repeat 8 to 12 times.

Before getting back to business, consult your postnatal practitioner and get cleared to return to exercise. You'll also want to make sure that your newborn can hold their head up on their own if you're going to include them in these exercises. If your back pain prevents you from performing these exercises or persists after trying them, ***visit your chiropractor*** to develop a treatment plan for your recovery.