



SECOND TRIMESTER

Gentle Stretches for Second Trimester Back Pain

Ease second trimester aches with these simple, safe stretches. Print this guide and keep it handy for when your back needs relief.

A free guide from maternity.app

Back pain is common in the second trimester as your belly grows. Gentle stretches can help relieve tension and improve flexibility. Always listen to your body and stop any movement that feels uncomfortable.

Before you stretch, prep your space.

- **Support.** Use a yoga mat or folded towel for cushioned flooring.
- **Space.** Clear enough room to move your arms and legs freely.
- **Alignment.** Keep your posture neutral and avoid straining your neck.

Try these stretches for relief.

- ☐ Cat-Cow Stretch: On hands and knees, alternate arching and rounding your back.
- ☐ Seated Side Stretch: Sit cross-legged and gently lean to one side, then the other.
- ☐ Child's Pose: Kneel, sit back on your heels, and stretch your arms forward.
- ☐ Pelvic Tilts: Lie on your back with knees bent, gently arch and flatten your lower back.
- ☐ Hamstring Stretch: Sit with one leg extended, lean forward slightly, and hold.
- ☐ Standing Forward Bend: Stand with feet hip-width apart, hinge at hips, and let your head hang.

What to watch for as you stretch.

Stop immediately if you feel dizziness, sharp pain, or discomfort. Avoid lying on your back for too long after 20 weeks, and skip any stretches that feel overly strenuous.

HYDRATION HELPS

Drink water before and after stretching to keep your muscles loose and prevent cramping.

When to talk to your provider.

- ☐ Frequent or intense pain that doesn't improve.
- ☐ Pain that radiates to your legs or abdomen.
- ☐ Any sudden swelling, redness, or warmth in your back.

These stretches are a simple way to care for your body as it changes. Take it slow, breathe deeply, and enjoy the relief.