

HerStory Physical Therapy

BIRTH PREP

A FREE GUIDE TO
PREPARING FOR BIRTH



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Introduction

Welcome, mama. This Birth Prep Guide is here to help your body feel more open, relaxed, and ready for birth. These simple movements gently release tension, create more comfort in your pelvis, and help your baby settle into a cozy, supported position.

Practicing these movements regularly can help you feel more grounded, connected, and confident as you prepare for labor.

Let's take this one step at a time, together.

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HerStory Birth Prep

The HerStory Birth Prep Guide is designed to help your body feel more open, balanced, and supported as you get closer to birth. Each movement gently encourages your pelvis, ribs, and core to work together so you can move with more ease, both now and during labor.

This Birth Prep Guide includes:

- **Inversions:** 3–5 slow breaths
- **Lat & Quad Release:** 30–60 seconds per side
- **Hip-Shifted Pelvic Tilts:** 10 tilts per side
- **Standing/Lateral Hip Shift:** 10 breaths per side



We start by easing tension in the ligaments that support your uterus.

Then we soften the lats and quads to help your rib cage and pelvis move more freely.

Finally, we use gentle hip shifts to release the pelvic floor in a way that creates more comfort and space.

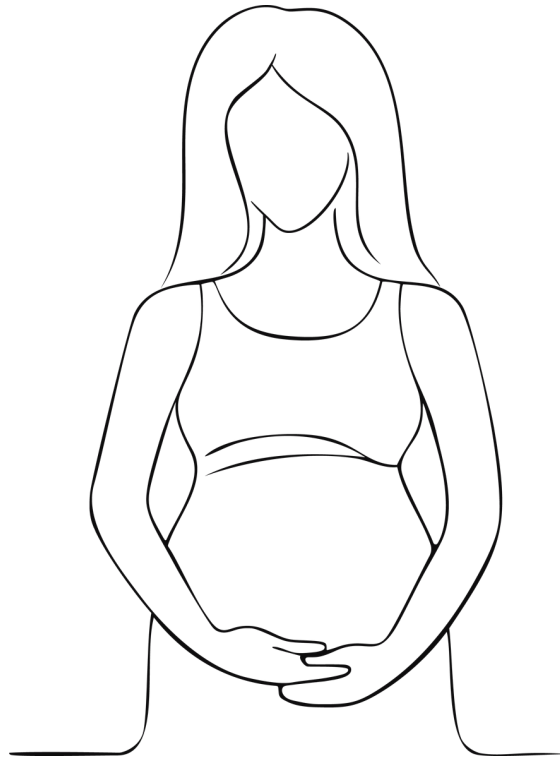
These movements can be used during pregnancy and even during labor, but most people enjoy them as part of their prenatal routine.

HerStory Birth Prep

Your body goes through so many changes during pregnancy, and it's completely normal to feel tight, uneven, or a little out of balance. This guide is designed to gently bring your body back to a place that feels more open and supported.

Each movement helps soften areas that tend to get overworked, like your belly, hips, back, and the ligaments that support your uterus. As these areas relax, your pelvis can move more freely, your breathing feels easier, and your whole body feels more settled.

Think of this guide as a way to give yourself a little more comfort and confidence as you get closer to meeting your baby.



HerStory Birth Prep
Overview
[Click Here!](#)

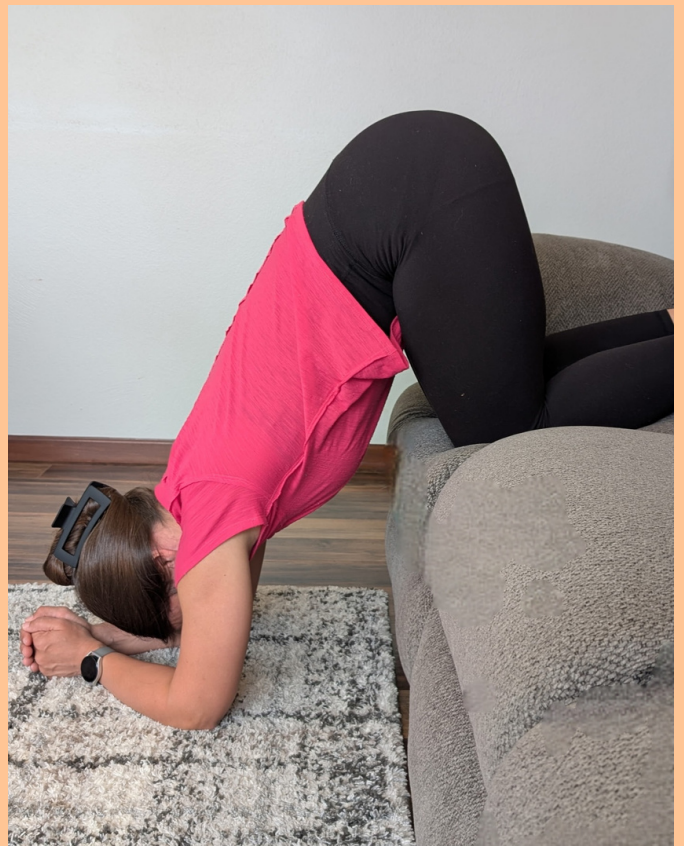
Inversions: Release the Uterine Ligaments

Hold 3-5 breaths

This gentle inversion gives your body a moment to unwind. When your hips rise above your heart, the ligaments that support your uterus get a chance to soften and relax, something that can feel incredibly relieving during pregnancy.

You're not trying to make your baby move or "fix" anything. You're simply giving your body a break from the constant downward pull of gravity so everything inside can settle more comfortably.

Move slowly, breathe deeply, and let your body melt into the support beneath you.



Inversions: Release the Uterine Ligaments

Hold 3-5 breaths

Puppy Pose:

If a full inversion feels too intense today, Puppy Pose is a cozy, gentle alternative. Your hips stay slightly higher than your chest, giving your uterus the same sense of relief without the deeper lean.

This position helps soften your belly, ease tension in your back, and create a little more space for your breath. It's a lovely way to reset when you need something simple and soothing.



Lat Release: Back Expansion

Hold 10 breaths per side

During pregnancy, it's common to feel more arched through your back, which can make the sides of your body, especially your lats, feel tight. When these muscles shorten, they can limit how your ribs and pelvis move together, which may make your pelvic floor feel more tense.

This gentle release helps **open the sides of your rib cage** so you can breathe more fully and move with more ease.

During pregnancy, we can incorporate lat releases to support our spinal mobility and the opening of the pelvis.

Movement Tips:

- **Place your hands on the wall** and gently hinge at your hips.
- **Step your feet to the side** so your body forms a long diagonal line.
 - You should feel a stretch in the side of your body.
- **Press firmly into the hand** on the stretching side to help your ribs open.
- **Imagine creating space** between your ribs and pelvis as you breathe.
- **Hold** for 10 breaths then repeat on the opposite side.



Let each breath soften the tightness and give your body a little more room to move.

Hip Flexor and Side Body Release

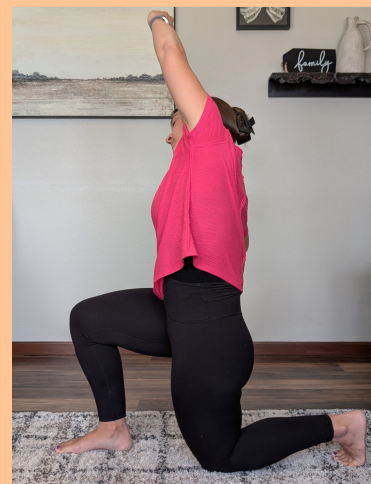
Hold for 10 breaths per side

As your belly grows, the front of your hips and thighs often work overtime to support you. This can make the **front of your body feel tight and pulled forward**, which may limit how freely your pelvis can move.

This stretch helps soften the front of your hips and open the side of your body so you can move and breathe with more comfort.

Movement Tips:

- **Start in a half-kneeling** position
- **Gently tuck your butt** under and then shift your hips forward until you feel a soft stretch in the front of your thigh.
- **Reach the same-side arm overhead** to open the side of your body. Breathe into the stretch and let your body relax into the support.



This is a wonderful way to release tension that builds up from carrying your beautiful growing belly.

Hip Shifted Pelvic Tilts: **LEFT SIDE**

10 Breaths, then 10 Gentle Pelvic Tilts

This movement helps your pelvis relax on one side at a time, which can feel incredibly grounding during pregnancy. Many of us carry extra tension in the back of the left hip and pelvic floor, and this position gives that area a chance to soften.



Movement Tips:

- **Begin** on hands and knees
- **Place a yoga block** under the **left** knee
- **Gently shift your weight** toward the left lifted knee
- **You may need to move your hands** slightly to the left as well.
- **Round** your back just enough to feel a gentle stretch in your left lower back or glute.
- **Stay here for 10 slow breaths**, letting this side soften.
- **Then, slowly reverse the curve** in your back so the belly lengthens. Move through **10 slow pelvic tilts**, letting your breath guide the motion.

This is a beautiful way to release tension that often builds up without us noticing.

Hip Shifted Pelvic Tilts: **RIGHT SIDE**

10 Breaths, then 10 Gentle Pelvic Tilts

Now we shift attention to the front of the **right side of your pelvis**, an area that often works extra hard during pregnancy.



Movement Tips:

- Stay on hands and knees with **both knees level**.
- **Gently shift your weight** toward the **left** knee
- You may need to **move your hands slightly to the left again**.
- Let your back arch softly until you feel **a stretch through your right inner thigh or groin**.
- **Breathe here for 10 slow breaths**, allowing that area to relax.
- Then move through **10 slow pelvic tilts**, rounding and arching your back with your breath.

This helps your pelvis feel more balanced and supported.

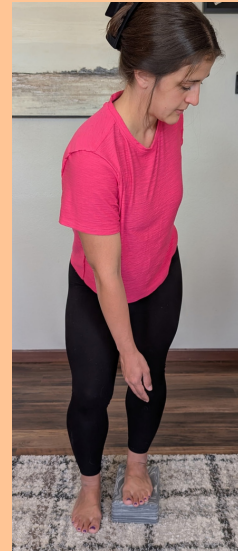
Standing Hip Shift: **LEFT SIDE**

Hold for 10 breaths

This standing variation helps you explore **how your pelvis moves when you're upright.**

Similar to the positions you may naturally use during labor.

It gently **opens the back of the left hip and lower pelvis.**



Movements Tips:

- Place your **left foot** on a small step or yoga block. **Hold onto a sturdy surface** with your right hand for support.
- **Keep a slight bend in the left leg** as you hinge the hips back, feeling a stretch in the hamstring and glute of the left leg
- **Bend the right support leg** to rotate the belly to the thigh of the elevated leg. This should increase the stretch in the hamstrings and glutes.
- **Put the weight into the left big toe**, rotate the left knee in without moving the foot, and round the low back to sink deeper into this movement.



Let your breath soften the back of your hip and pelvis.

Lateral Hip Shift: **RIGHT SIDE**

Hold for 10 breaths

This movement helps **release the right side of your pelvis and inner thigh.**

These areas are where many pregnant bodies naturally hold tension. It also opens the upper part of your pelvis, which can feel incredibly relieving.

Movements Tips:

- Start with your feet slightly wider than hip width
- **Shift your weight into the left leg and hinge back into your left hip.** Keep your **weight in both big toes**
- Reach your right hand toward your left foot, allowing **your torso and belly to rotate toward your left thigh.** You should feel a stretch in your right inner thigh, adductor and left glute. To make this more intense, **arch your lower back.**



You can do this on both sides if it feels good, or stay with the right side if that's where you feel the most tension.

Putting It **All Together**

These movements work beautifully when done in a slow, flowing order. You can move through them all at once or choose the ones your body is craving that day.

Here's a simple way to bring everything together:

1. **Start with an inversion** to give your uterus and belly a moment to relax.
2. **Move into your lat release** to open your ribs and help your breathing feel easier.
3. **Soften the front of your hips** with the hip flexor and side-body release.
4. **Explore your pelvic tilts** on each side to help your pelvis feel more balanced.
5. **Finish with the standing or lateral hip shift** to gently open the areas that tend to hold the most tension.

Move slowly.

Breathe deeply.

Let your body guide you.

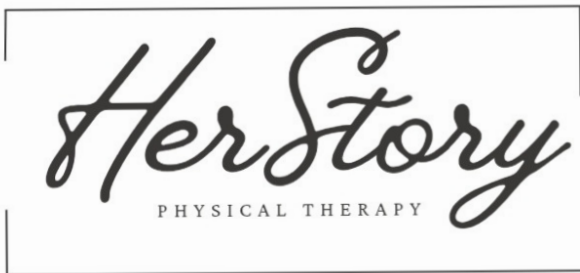
There's no "right" way to do this, only what feels supportive for you today.

Want **More?**

If you're craving more support, more guidance, or more ways to feel connected to your body during pregnancy and birth, I'm here for you.

**You'll find additional resources, videos, and education through
HerStory Physical Therapy on Instagram and Facebook**

**Start Your Journey Here
Click Here!**



These are all created to help you feel strong, informed, and empowered in every season of motherhood.

You deserve to feel supported.

You deserve to feel confident.

*And you deserve to feel at home in your body
as you prepare to meet your baby.*
