



The 10-Minute Postpartum Back Reset

Ease an achy back this week with a 10-minute floor reset plus feeding, lifting and carrying habits.

The 10-Minute Floor Reset

- 1 Lie on your back, knees bent. Breathe into your ribs and belly, 10 slow breaths, 4 seconds in, 6 out.
- 2 On each exhale, gently draw your pelvic floor and lower belly in, hold 3 seconds, then relax fully. 8 reps.
- 3 Pelvic tilts: exhale and flatten your low back into the floor, inhale and release. 10 slow reps.
- 4 Knee to chest, one leg at a time. Hold each side 30 seconds, breathing out as the hip opens.
- 5 Hands and knees: cat-cow, 8 slow rounds, moving with your breath. Sore wrists? Rest on your fists.
- 6 Child's pose, knees wide, 5 breaths. Then stand, shoulders back, 3 breaths before you lift baby.

Back-Safe Habits All Day

- ☐ Bring baby up to your breast or bottle on a pillow, instead of curling your shoulders down to baby.
- ☐ Feed with feet flat on the floor or a stool, with a rolled towel behind your low back.
- ☐ Lift from the crib: feet hip width, exhale as you lift, hold baby close to your chest, no twisting.
- ☐ Switch carrying sides every 15 minutes, or use a carrier that sits baby high and centered.
- ☐ Stand up from the couch with a breath out and a gentle belly draw-in, hands on your thighs if needed.
- ☐ Walk 10 to 20 minutes a day from week 2 if cleared, adding 5 minutes a week as pain allows.
- ☐ Set the stroller handle at elbow height and keep the diaper bag off one shoulder.

Signs to Stop and Rest

- Sharp pain that shoots down one leg, or numbness, tingling or weakness in a leg or foot.
- Pain that wakes you at night or does not ease at all with rest or a change of position.
- Back pain with a fever, burning when you pee, or pain in your side under the ribs.
- A new bulge, doming or heaviness in your belly or pelvis when you lift or get up.
- Pain that is getting worse week over week instead of easing by 6 to 8 weeks.

7-Day Back Check

Date	Pain 0-10 (morning)	Reset done?	What flared it

When to get help: See your OB-GYN or midwife the same day for leg numbness or weakness, or any trouble controlling your bladder or bowels. That is not a wait-and-see pain.