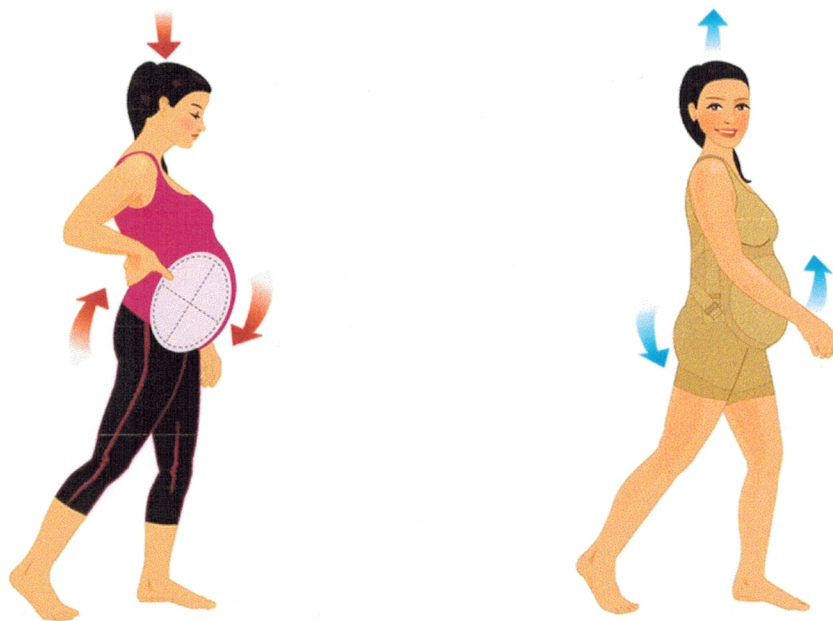


How to Relieve Pregnancy-Related Back Pain: Support Your Upright Pelvis

What is the underlying cause of the most pregnancy-related back pain?

If your answer is your baby's growth within the uterus, you are correct!

Can you feel how your baby's front loaded weight rotates your pelvis forward, exaggerating the curve in your low back? This is the stress that overloads your back and pelvis and is the underlying cause of most pregnancy-related pain.



What is the best way to get relief?

By supporting the natural, upright, position of your pelvis, you are relieving the underlying stress on your back and pelvis caused by your baby's growth within the uterus.

To help teach you how to reset and support your upright pelvis, we are introducing the MaternaLIFT Two-Step Home Program, developed by obstetric physical therapy specialist, Kevin Hansen, P.T., and approved by your health care practitioner for your use.

Go to www.youtube.com/user/maternalift to view our video presentation of the MaternaLIFT Two-Step Home Program which includes a set of Corrective Exercises and an introduction to the benefits of the MaternaLIFT Support and learn the best way to relieve your pregnancy-related discomfort.

To your happy and healthy pregnancy,

Kevin Hansen, P.T.