

2nd Trimester Support for Your Pregnant Body

Pregnancy is a time of many physical changes. Your body is changing to support a growing baby. These changes can cause discomfort in your spine, joints, and muscles, most commonly as back pain. If you focus on developing your core strength during and after your pregnancy, your back pain will often improve. Below are some steps you can take to support the changes in your body during the 2nd trimester of your pregnancy. Reach out to your obstetrician or healthcare provider if you experience new discomfort.

Exercise.

In the 2nd trimester, you might need to change your exercise and physical activity routine to be more comfortable. Talk with your healthcare provider about how to meet your physical activity goals during this stage of your pregnancy.

Continue to wear comfortable clothes.

- Clothes that were comfortable during your 1st trimester may not be comfortable anymore as your belly grows.
- Choose loose-fitting, non-restrictive clothing and shoes with good arch support and low heels.
- Try to find clothes that can grow with you over the next trimester, thinking about the temperature and seasons as well as your daily activities.

Use a belly band.

Some pregnant people find that wearing a stomach support clothing item (sometimes called a **belly band**) helps relieve their back pain. The belly band works by supporting the weight of your growing belly, shifting the work from your back muscles to your hips.

Change your seatbelt position.

As your belly grows, you will need to change the position of your seatbelt when riding in a car.

- Buckle the lap belt under your belly, low on your hips.
- Place the shoulder strap across the middle of your collar bone and the center of your chest.
- If you are involved in a car accident, get medical help immediately, even if you don't think you are hurt.

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