

3rd Trimester Support for Your Pregnant Body

For some people, the last 3-4 months of pregnancy can be physically uncomfortable due to changes in joints, muscles, and your center of gravity. Your body produces different hormones that support your pregnancy, and these hormones can affect the flexibility of your joints and muscles. Even after pregnancy, some people continue to experience physical discomfort. Below are some steps you can take to be more comfortable during the final trimester of your pregnancy. Reach out to your obstetrician or healthcare provider if you experience new discomfort.

Exercise.

Change your exercise and activities to match the physical changes of your pregnancy. If an exercise or activity you had been doing before is no longer comfortable, adjust the activity so that you are comfortable. You may need to reduce your speed, how long you exercise, and your level of effort. Talk with your healthcare provider if you need help changing your exercise routine.

Move with purpose.

As your belly grows, your center of gravity and balance will change. As you go about your day, be aware of your movements. Keep them controlled and purposeful. Your body is producing hormones that cause your joints and ligaments (tissues that connect your bones) to relax, making room for your baby's birth. This relaxation of your joints and ligaments could also increase your risk of injury.

Wear compression socks.

Some pregnant people have swelling in their lower legs and feet. Using compression socks (the same ones used when traveling by air for long distances) can provide relief from the discomfort of swelling.

Wear supportive bras or undergarments.

You may notice changes in your breasts and chest. Make sure that you are wearing the proper size bra or undergarment as your pregnancy progresses. If you choose to breast or chest feed, you may need a different size bra or undergarment than usual due to milk production.

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Author: Carrie Bell, MD
Edited by: Brittany Batell, MPH MSW

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