

WholeBody

THE POSTPARTUM PROJECT

Safe Lifting Techniques

1. Get as close to your baby (or any object you want to lift) as you can.
2. Do not bend forward, rather, squat down to get as close to the floor as possible.
3. Remember to “exhale on exertion”, meaning you will breathe out as you lift the baby/item. This will ensure you are not increasing the pressure in your abdomen which can worsen POP or DRA.

Starting Position

Ending Position



Incorrect lifting technique

**This information is intended to be educational and is not a substitute for an exam by a physical therapist. If you would like a prescribed program based on your individual needs, we can be reached at:

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