

The Pregnancy Alignment Guide

Your roadmap to a more comfortable, balanced and empowered pregnancy



Vitalise Chiropractic

5301 Providence Rd. Suite 80, Virginia Beach, VA 23464

(757) 937-0273 | vitalisechiropractic.janeapp.com | [@vitalisechiropractic](https://www.instagram.com/vitalisechiropractic)

Hi,

**I'm Dr. Christina —
chiropractor, mama,
and founder of Vitalise
Chiropractic in Virginia
Beach.**



Pregnancy is such a beautiful, powerful journey — but it also brings big changes to your body and nervous system. My passion is helping mamas feel supported, balanced, and confident every step of the way.

Inside this guide, you'll find simple, practical ways to stay aligned, ease common pregnancy discomforts, and prepare your body for birth. You deserve to move, rest, and thrive through every trimester.

I'm so glad you're here. Let's make this your most comfortable and connected pregnancy yet.

With love and alignment,

Dr. Christina Lowenthal, D.C.

Vitalise Chiropractic

Top 5 Benefits of Prenatal Chiropractic Care

1. Promotes pelvic balance and optimal fetal positioning
2. Relieves back, hip, and round ligament pain
3. Improves sleep, energy, and circulation
4. Reduces tension on the nervous system
5. Supports smoother labor and delivery



Posture + Sleep Positions



Pregnancy Posture Tips

- 1. Keep your spine neutral.**
Avoid overarching your lower back (common as the belly grows). Instead, gently tuck your pelvis under and engage your core slightly.
- 2. Shoulder awareness.**
Draw shoulders back and down – imagine tucking your shoulder blades into your back pockets. This helps open your chest and reduce upper back tension.
- 3. Sitting smart.**
 - Choose chairs with good lumbar support or add a small pillow behind your lower back.
 - Keep both feet flat on the floor (avoid crossing legs).
 - Sit on your sit bones, not your tailbone.
- 4. Standing alignment.**
 - Weight evenly distributed on both feet.
 - Knees soft, not locked.
 - Align ears over shoulders, shoulders over hips.
- 5. Lift wisely.**
When picking something up, bend at the knees and hips – not at the waist – and keep the object close to your body. Avoid twisting.

Pregnancy Sleep Tips

- 1. Best position:**
Sleeping on your left side is ideal – it improves blood flow to your baby and reduces pressure on your liver and vena cava.
- 2. Pillow support:**
 - Place a pillow between your knees to align hips and reduce back pain.
 - Use a small pillow or wedge under your belly for extra support.
 - A full body pillow or pregnancy pillow can make side sleeping easier.
- 3. Avoid lying flat on your back in later trimesters – it can cause dizziness and reduce circulation.**
- 4. Support your upper body.**
If you experience heartburn, try elevating your upper body with an extra pillow or a wedge.
- 5. Stay consistent with routine.**
A nightly wind-down routine (stretching, gentle breathing, reading) signals your body it's time to rest.

At-Home Pelvic Stretches + Breathing

1. Pelvic Tilts (“Cat-Cow”)

Purpose: Relieves lower-back tension, strengthens the core, and keeps the pelvis mobile.

How:

- Start on hands and knees, shoulders over wrists and hips over knees.
 - Inhale: Drop your belly, lift your tailbone and chest (Cow).
- Exhale: Tuck your tailbone under, round your spine, draw baby in gently (Cat).
Repeat 8–10 slow breaths.

2. Hip Circles on Birth Ball

Purpose: Opens hips, encourages baby’s optimal position, improves circulation.

How:

- Sit tall on a stability or birthing ball, feet wide and flat.
- Slowly make small, smooth circles with your hips — 5 each direction.
 - Breathe deeply and stay relaxed through your shoulders.

3. Supported Deep Squat (Malasana Variation)

Purpose: Lengthens pelvic floor, opens hips, prepares for labor.

How:

- Stand with feet wider than hips, toes slightly out.
- Lower into a gentle squat, keeping heels on the ground (or place a rolled towel under them).
 - Rest elbows on knees and bring hands to prayer position.
 - Breathe: Inhale into the rib cage; exhale, soften the pelvic floor.
Hold 3–5 breaths. Use a wall or partner for balance if needed.

4. Side-Lying “Open Book” Stretch

Purpose: Improves mid-back mobility, opens chest, eases shoulder tension.

How:

- Lie on your side with knees bent, arms together in front of you.
- Inhale: Open your top arm up and across your body, letting your chest rotate open.
 - Exhale: Return to start.Repeat 8–10 times each side.

🧘 5. Diaphragmatic Breathing (“360° Breathing”)

Purpose: Connects breath, core, and pelvic floor; reduces tension.

How:

- Sit or lie comfortably with one hand on ribs, one on belly.
 - Inhale through the nose: Expand ribs out to the sides and belly gently forward.
 - Exhale through the mouth: Let ribs and belly return as you gently engage the pelvic floor (like lifting a blueberry).
- Repeat for 1–2 minutes daily.

Tips

- Move slowly, without pain or strain.
- Focus on breathing through each movement.
- Daily gentle practice supports posture, circulation, and connection with baby.
 - Stop any exercise if you feel dizzy, short of breath, or in pain.

Mindful Affirmations for Pregnancy

- My body was designed for this.
- I trust the process of pregnancy and birth.
- Each day, I am becoming more balanced, calm, and confident.



Book Your Prenatal Alignment Check

Experience your most comfortable pregnancy yet with care
tailored to your body's needs.



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