



**The Gynec Yogi's
Health Hub Presents**



Back Support Guide in Pregnancy



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From **Confusion to Clarity**...

Guiding couples through every phase of the
Pregnancy to Parenthood journey with a
balanced blend of **Medical science** and **Yogic wisdom** -
so you don't have to guess, fear, or feel lost.
You feel prepared, supported, and in control.

Mission

My mission is to prepare and support you at every stage - so you feel confident and clear from pregnancy to birth and beyond.

Vision

I envision a world where pregnancy feels calm, birth feels prepared, and parenthood begins with confidence.
- not Confusion or fear.



Why Back Support Matters

Most discomfort in pregnancy...
comes from lack of support

Even when sitting:

- Your spine is under more load
- Your back muscles work harder
- Support becomes essential

What's Happening Inside

- ✓ Growing belly shifts posture
- ✓ Lower back takes more pressure
- ✓ Unsupported sitting increases strain

✗ WRONG WAY



- No back support



- Leaning backward

Leads to:

- Back strain
- Muscle fatigue

✓ RIGHT WAY



- Spine aligned



- Lower back supported

Creates:

- Better posture
- Less strain

ESSENTIAL MOVEMENT STRATEGIES



1. Always Support Lower Back

Use pillow or cushion

2. Keep Spine Neutral

Avoid collapsing backward

3. Sit Mindfully

Be aware of posture

4. Adjust When Needed

Don't stay in one position

5. BUILD SUPPORT HABIT

Make support automatic

Don't wait for pain



HABITS TO EVALUATE



Ask Yourself

- Do I sit without back support?
- Do I lean backward often?
- Do I feel back discomfort after sitting?
- Do I ignore small pain signals?

COUNT YOUR MISTAKES

- ✓ 0-1 Good
- ✓ 2-3 Needs correction
- ✓ 4+ Start changing

- **Awareness reduces strain**
- 



Small movements like this...

👉 **Decide how comfortable your pregnancy feels**

Most women don't struggle because of pregnancy...

They struggle because no one guided them.
You've taken the first step ❤️

Here is your next step for you to feel more prepared & Confident.

PREGNANCY TO BIRTH

What you Really need
to know !

Register Now



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