

PAIN MANAGEMENT WORKSHEET

Practice the "ice exercise" bi-weekly from your second trimester and weekly from third trimester.

WHAT REALISATIONS/SENSATIONS/QUESTIONS DO YOU HAVE ABOUT THE EXERCISE? SHARE THEM BELOW:



PAIN MANAGEMENT TOOLS

BATH OR SHOWER

HOT WATER BOTTLE

TENS MACHINE

BIRTH BALL

ESSENTIAL OILS

MUSIC

WORDS OF AFFIRMATION

CALM ENVIROMENT

BIRTH PARTNER WHO CAN APPLY PRESSURE TO YOUR BACK
AND HIPS

