



BUMPS INFO SHEET 3

Pregnancy Pelvic Girdle Pain

WHAT IS PELVIC GIRDLE PAIN?

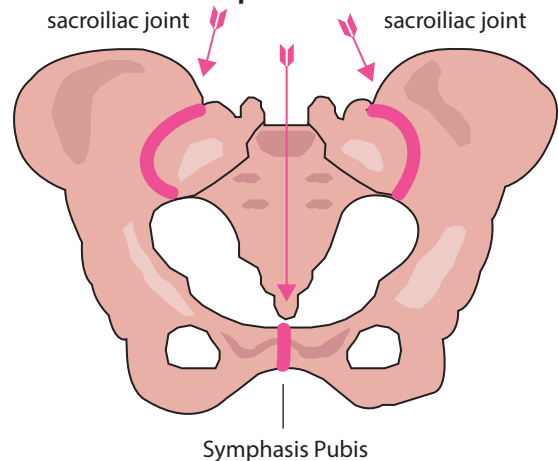
Pelvic girdle pain usually begins during pregnancy but may also start after the birth of your baby. During pregnancy, hormones relax your joints, ligaments and muscles which may cause pain around your pelvis. The extra weight of the baby adds load and limits the muscles from supporting the pelvic joints. The stomach muscles stretch and centre of gravity shifts forwards, also placing extra load on the pelvis.

All these factors can contribute to the pelvic pain experienced during pregnancy — approx. 30-40% of women will experience varying degrees of pelvic girdle pain during pregnancy

How can I manage this pain?

- ♡ Rest from aggravating activities
- ♡ Change positions frequently
- ♡ Ice- this will help reduce any inflammation around the joint
- ♡ Limit or stop walking as a form of exercise as this loads the pelvis unevenly
- ♡ Take shorter steps when walking
- ♡ Don't lift heavy objects or toddlers
- ♡ Keep your legs together when rolling or in/out of car
- ♡ Stand evenly through feet, not hanging off to one side
- ♡ Regular stretches your tight muscles that are working hard to help support the pelvis eg. Glute stretches (use a spikey ball)
- ♡ Pelvic Floor exercises & Deep abdominal (CORE) exercises are important
- ♡ Support using a Tubigrip or Pelvic belt (supplied by a physio)
- ♡ Swimming & stationary bike are usually ok as forms of exercise. (consult your physiotherapist)
- ♡ Perform specific exercises given by your Physiotherapist (pilates is great!)

There are 3 joints in your pelvis



COMMON SIGNS:

- ! Pain can be in the front of pelvis (pubic bone - Symphysis Pubis) or lower back (where pelvis joins spine - sacroiliac joints) and can radiate into the buttocks or groin
- ! Pain when you walk or upstairs or in/out cars
- ! Pain getting dressed
- ! Pain rolling over in bed
- ! Pain with vacuuming or mopping

A REFERRAL TO A
PHYSIOTHERAPIST FOR
TREATMENT & ATTENDANCE
AT REGULAR SUPERVISED
PILATES CLASSES WILL AIDE
REHABILITATION.