



**Pregnancy  
related  
Back & Pelvic  
Pain**

# 5 Top Tips to Help Manage Back Pain and Pelvic Pain during Pregnancy

There are many ways to help yourself on a daily basis when you have back or pelvic pain during pregnancy. We are going to share with you my top tips in this report, to enable you to have a happy, healthy and comfortable pregnancy. Combining these tips into your daily life will also potentially allow the birthing process to be less painful, shorter in length and easier overall.

## 1) AVOID SITTING FOR TOO LONG

Sitting for longer than 20 minutes at a time puts a lot of pressure on the pelvis and muscles surrounding the lower back. It is so important to stay active during pregnancy as it helps to keep your muscles and ligaments strong and support the growing baby bump. As the bump grows, your centre of gravity changes which makes your lower back muscles work harder. When you are sitting, you put even more strain on those muscles. Other things to be aware of when you are sitting are NOT to cross your legs or tuck your legs underneath you on the sofa/chair, this puts your pelvis in an awkward position which will stress the muscles and ligaments of your lower back.

Try sitting up straight allowing the chair/sofa to support your back, you could even use a pillow in the small of your back to encourage the natural lumbar curve. Make sure your feet are touching the floor and that **your knees are below your hips**, this again will put less strain on the lower back and pelvic muscles. If you struggle to sit due to pain, then I would suggest laying on your left side with a pillow between your knees to keep you neutral.

With both sitting and lying the main thing is to not stay in that position for too long. Movement will encourage healing, reduce inflammation and stop any weakness occurring in pelvis and lower back.

## 2) STOP WEARING HIGH HEELS

High heeled shoes are a big cause of lower back and pelvic pain whether you are pregnant or not. This is because it changes your centre of gravity and forces your body forward, add a growing baby bump into the mix and that is going to make it even worse. The muscles in your spine will have to work so much harder to keep you upright and over time this will start to create problems.

Shoes that are flat or have a slight heel on them are fine to wear, we always suggest to make sure that it is a full shoe with good support especially in the arch of your foot. Make sure you stand up straight with your feet about hip width apart and don't favour weight on one leg compared to the other. It is crucial in pregnancy to keep your pelvis balanced and neutral, this will allow the baby to get into the correct position for the birthing process.

### 3) GENTLE EXERCISE

We've already explained movement is very important. Walking daily can help reduced pain and keep your back strong. Start with shorter walks (15-20 mins) and build yourself up slowly to do more each day/week if you feel you can.

Swimming is also great for pregnant women, firstly, its non-weight bearing so it won't put too much strain on the muscles and joints in the lower back and pelvis, and secondly, the weightlessness allows the baby to move freely and helps them to get in the correct position for birth. I would suggest doing front crawl over breaststroke, however if you struggle with front crawl then do breaststroke arms and keep your legs straight and kick from the hips. Just getting in the water and moving around will be very beneficial if you don't feel up to swimming. You could even try and gentle aqua aerobics class.

You can also find many local pregnancy Yoga and Pilates classes. They will help to stretch the body and strengthen your core muscles which will take the pressure off your lower back and improve your posture. Yoga is especially good for your overall well-being, it will improve your sleep, relax your mind, keep you strong and flexible.

### 4) HAVE TREATMENT WITH A PROFESSIONAL

There are many manual therapies that can aid you during pregnancy. You don't have to have pain to benefit from them either.

Chiropractic Care helps to restore proper function in the spine and pelvis which will in turn reduced inflammation and pain as well as relax the surrounding musculature. Most chiropractors will work with pregnant women to create the best environment possible for the baby to grow and develop, this involves gentle specific adjustments and muscle and ligament releases to the lower back and pelvic area. They also have other tools they can use like taping techniques to help support the back and pelvis, advising the use of a sacroiliac support belt or acupuncture - another way of relaxing tight muscles but also improving the energy flow through the body.

Pregnancy massage from our trained massage therapists is great at releasing tight muscles and helping to strengthen weak muscles with specific exercises and stretches. Other therapies options are Chinese acupuncture.

### 5) SLEEP SUPPORT

Getting a good night sleep during pregnancy can be a challenge especially if you are in pain and uncomfortable. A good night sleep is crucial as this is when your body will do most of its healing. Side sleeping is optimal during pregnancy, this helps improve the blood flow not only to your own body but to the developing baby. Sleeping on your left side is the most beneficial, you can pop a pillow between your knees and keep your knees bent, this helps to take strain off the pelvis and give you added support.

Taking yourself to bed 10-15 minutes earlier than normal to do some guided meditation will also allow you to relax and have better quality sleep. Meditation is also very good for improving pain especially if you combine it with deep breathing techniques.

It is also worth avoiding bright screens, food and stimulants 2-3 hours before you go to bed, keep our bedroom cool and dark and follow a consistent sleep schedule.

## CONCLUSION

So, there you have it, some fundamental top tips to help you get back on track with any discomfort you may have during pregnancy. To get the best results you will want to do a combination of all things discussed, however most importantly you must stay active and seek professional advice if any of your symptoms worsen or you are unsure where to start.

## HEALTH ADVICE DISCLAIMER

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this guide. However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our clinics. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending on background, genetics, previous medical history, application of exercises, posture, motivation to follow advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed accurate in the absence of examination from one of the General Chiropractic Council registered Chiropractors here at The Centre.

We are able to offer you this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report