

Pelvic Girdle Pain



In pregnancy the hormone changes that occur in your body which prepare your body for delivery can cause Pelvic Girdle Pain. This is when you may feel pain in your low back, sacrum (tailbone area), inner thighs, pubic symphysis and/or at your pelvic floor. Sometimes this is associated with leaking pee when you laugh or sneeze (also called stress incontinence). These are uncomfortable symptoms but are not unsafe for the baby or your pregnancy.

Treatment for Pelvic Girdle Pain depends on the specific person but will often include:

1. Being assessed by a Pelvic Floor Physiotherapist and regularly doing the suggested home exercises and stretches. If you don't have access physio here is a link to some simple stretches to try:

<https://www.pelvicpain.org.au/wp-content/uploads/2019/01/Stretches-%E2%80%93-Women.pdf>

2. Being assessed to see if a SI (sacroiliac) Belt will help with function and pain.
3. Ensuring you wear comfortable, supportive flat shoes (ie. runners) both indoors and outside.
4. Ensure that you pace and break up your physical activities (ie. shorter walks, break up errands over several outings instead of one long outing, try to modify activities that you typically stand for such as cooking by doing some parts sitting). If possible, delegate tasks that you struggle to do or that significantly increase your pain. These are temporary changes in function in your pregnancy that will improve your pain.
5. Talk to your doctor to modify your job duties or work hours if pelvic pain is preventing you from doing your regular work duties.
6. Try pool walking at the public pools. This activity is done in the designated walking lane in the pool and allows you to stay active without loading your pelvic floor and muscles too much. You do not need to know how to swim and won't get your upper body wet doing this activity. Being as active as you can tolerate is helpful for your physical and mental health.
7. Take care of your mental and physical health by ensuring you are getting enough sleep, eating healthy foods, asking for help with activities that are causing you pain, stay connected with your social and support networks and try some mindfulness guided breathing exercises which help with pain and stress. (ie. Smiling Mind App)
8. Tylenol 325-500 mg taken by mouth every 4- 6 hours (to a maximum of 4000 mg/24 hours) is safe to take for pain management. If you have night pain Tylenol Arthritis has immediate and slow release tylenol so can last for 6-8 hours and help you sleep. If this is not effective, talk to your doctor about prescription options.
9. Sleep with a pillow between your knees. When sitting, avoid crossing your legs.