

SITTING/RESTING

- Avoid sitting cross-legged or with your knees apart.
- Avoid staying in one position for a prolonged length of time, keep changing your position.

SEX

- Find a comfortable position that allows you to keep your legs together.

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in any other format, eg, large
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PELVIC JOINT PAIN IN PREGNANCY

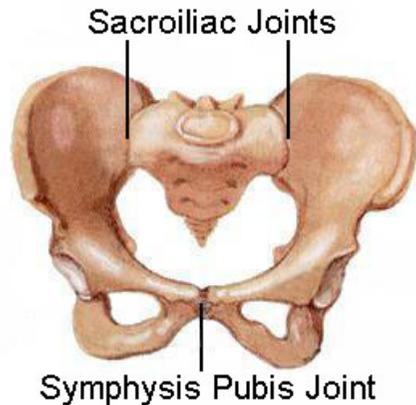
*Therapy
Department*

WHAT IS PELVIC JOINT PAIN?

Many pregnant women experience low back pain or pain around the front or back of the pelvis during pregnancy. This is called pelvic joint pain.

WHY MIGHT YOU HAVE PELVIC PAIN?

The pelvis is composed of four separate bones, the sacrum and coccyx at the back and the two hip bones at the side, which curve around to the front.



Normally, these joints move only minimally, however, the hormones released during pregnancy loosen ligaments.

This means that more movement may occur at the pubic symphysis at the front or the sacro-iliac joints at the back of the pelvis, which can cause pain.

If your pain or discomfort has been diagnosed as coming from your sacro-iliac or symphysis pubis ligaments, it is important that you should try to observe the following.

TRY TO KEEP YOUR KNEES TOGETHER AT ALL TIMES

GENERAL ACTIVITY

- When walking, slow down and use smaller steps than usual.
- Try to avoid twisting/lunging movements with your legs apart, eg, hovering/mopping/brushing.
- Sit down for dressing or undressing the bottom half of your body.
- Keep knees together for lacing shoes or wear slip on shoes.
- Get in/out of the car the elegant way. Put your behind on the seat first, then keeping your knees together, bring your legs into the car, either by swinging them in or bringing one foot after the other. Do the same in reverse as you get out of the car. A plastic carrier bag on the seat may help make this movement easier.
- Get in/out of the bath keeping your knees together. You may need to sit on a seat beside the bath and swing both your legs into the bath

POSTURE

- Sit and stand up straight, try not to slump/stoop.
- Place a rolled towel/cushion in the small of your back when sitting and travelling by car. This will support the pelvic joints in a better position.

SLEEPING AND GETTING IN/ OUT OF BED

- When getting into bed, keep your knees together, sit on the edge of the bed, then lie onto your side, bringing your legs and feet up together onto the bed. Do the same but in reverse to get out of bed.
- Try to sleep on your side with a pillow between your knees
- Keep your knees pressed together and squeeze your buttocks together when turning over in bed.

EXERCISE AND SPORT

- When swimming, avoid breast stroke leg kick.
- Avoid any sport that involves lunging with your legs apart, eg some yoga positions and racquet sports.

LIFTING

- Keep lifting to a minimum.
- Bend your knees to pick up anything below waist height, keeping one foot in front of the other, rather than your knees apart.