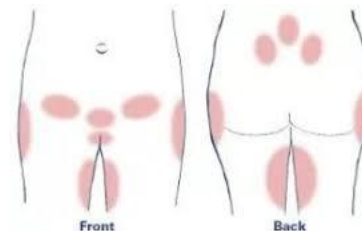


Pelvic Girdle Pain

Condition:

- Pelvic Girdle Pain in Pregnancy (PGP) can be mild to severe pain over the symphysis pubis and in the gluteal areas over the sacroiliac joint(s). Pain may only be in the front of the pelvic, or only in the back, or both. Pain may radiate to the hips, inner thighs, and /or the back of the thighs.
- Between 16-32% of women experience PGP in pregnancy. PGP may begin around 18wks gestation and becomes more severe in the third trimester between 32-36wks.
- Women with PGP have pain with weight-bearing exercises and leg separation. Walking, going up and down stairs and rolling over in bed are painful. Hearing clicking or grinding noises with walking may be experienced as well.
- PGP is likely a result of changes your body experiences with pregnancy. During pregnancy there is a relaxation of the connective tissues that support your pelvis.
- Having a history of pelvic injury or pelvic/sacral pain increases your risk for PGP. Having PGP with your last baby also increases your risk.
- PGP goes away for most women by 6 months after birth.



An SI belt stabilizes the pelvic joints. It is non elastic and may increase function and decrease pain. (ie: SI joint belt – \$44 on serola.net)

Exercises: These exercises may help reduce pain by strengthening the core and increasing pelvic stability. Perform these exercise sets 3 times daily

- Kegels: contract all the muscles of the pelvic floor as if you are trying to squeeze shut all openings. Lift and hold for 5 seconds. Repeat 5 times.
- Lat pulls: while sitting with feet on the floor, grasp a door handle (of a closed door) with both hands and gently pull towards you. Engage the muscles of the back and abdomen. Hold for 5 seconds and repeat 5 times.
- Adductor squeezes: while sitting with feet on the floor, place a rolled towel between your knees and squeeze gently. Hold for 5 seconds each and repeat 5 times.
- Gluteus squeeze: while sitting or standing squeeze buttocks together. Hold for 5 seconds and repeat 5 times.
- Abdominal stabilization: sitting with feet resting on the floor, gently pull your navel toward your baby and hold for 5 seconds. Repeat 5 times

If you have tried these modifications and exercises, and your pain is not improving, let us know. A physical therapist may be able to help.

Activity Modifications:

These are things you can do to reduce aggravation of PGP.

- ✓ Keep your legs together when rolling over in bed and getting in/out of your car (as if you were wearing a miniskirt).
- ✓ Get in your bed on all fours.
- ✓ Take smaller steps when walking.
- ✓ Avoid/limit stairs, avoid twisting while lifting.
- ✓ Sleep with a flat pillow between your legs.
- ✓ Do not cross legs while sitting.
- ✓ Change positions frequently.
- ✓ Take rest periods.
- ✓ Avoid walking or squats for exercise. Try swimming.
- ✓ Consider a non-elastic SI belt to wear.
- ✓ Acupuncture has been shown to reduce PGP.