

## PHYSIOTHERAPY CAN HELP PREGNANCY RELATED PELVIC GIRDLE PAIN

Around 1 in 5 women experience aches and pains in the back, hips and front of the pelvis during pregnancy. However if this pain lasts or more than 1-2 weeks or interferes with your normal daily life then you may have PGP.

### What is PGP?

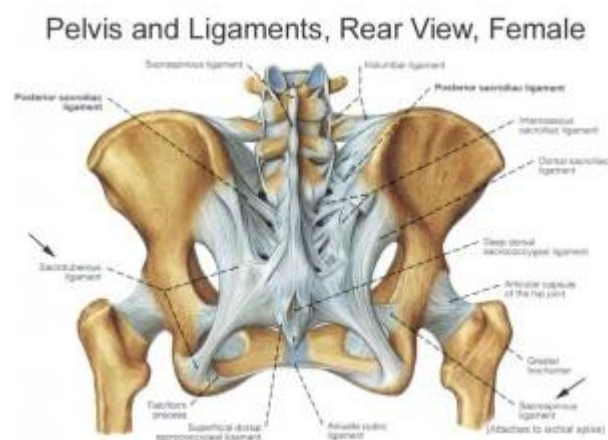
Pregnancy related Pelvic Girdle Pain (PGP) describes pain in the joints that make up your pelvic girdle; this includes the pubic symphysis at the front and sacroiliac joints at the back.



There is a wide range of signs and symptoms related to PGP. The pain and discomfort is often felt over the pubic bone at the front, below the tummy, the groin and hip, the leg (commonly referred to as sciatica) or across one or both sides of the lower back.

### Other common signs include:

- Difficulty walking
- Pain when standing on one leg
- Difficulty turning in bed or climbing out of the car
- Clicking or grinding in the pelvic area which you may hear or feel



### What causes PGP?

In most women, there is a combination of factors causing PGP including:

- o The pelvic joints moving unevenly

o A change in the supporting muscles of the growing tummy, the hips and pelvis which can lead to the pelvic joints becoming less stable.

- Hormones affecting the soft tissues around the pelvis
- A previous problem or accident that has damaged the pelvis

### **How common is PGP?**

PGP is a common condition affecting approximately 1 in 5 pregnant women.

However, although common, it is not normal and the symptoms should not be dismissed as the typical aches and pains of pregnancy.

### **How can Physiotherapy help women with PGP?**

We will assess the effect your pain has on your whole body, your pregnancy and your lifestyle.

[Physiotherapy treatment](#) aims to relieve your pain, improve joint position and stability, and improve muscle function and posture.

An assessment will be carried out to include careful examination of your pelvic, hip and back joints and the surrounding muscles and soft tissues, to ensure these are strong enough to provide support for your pelvis and spine throughout your pregnancy. Examination of specific daily movements and activities will also be carried out.

Physiotherapy treatment is gentle, effective and safe throughout your pregnancy. We will devise a detailed treatment plan together with you.

### **Treatment may include:**

- Gentle manual therapy to the affected joints
- Soft tissue release and massage
- Exercises, including a modified pilates rehab programme tailored to your individual needs
- Advice regarding posture throughout pregnancy, for labour and the postnatal period

To make an appointment or if you have any questions call **02380 019930** or email us at [hello@bodyinmotion.co.uk](mailto:hello@bodyinmotion.co.uk)