



Pelvic Pain in Pregnancy: Ideas to decrease your pain!

1. Stand with your weight evenly distributed onto both feet and your pelvis aligned under your chest. Avoid sticking your hip out to the side when you stand or carry your baby, or standing on one leg to get dressed. Sit down to get dressed or put shoes on.
2. Shorten your stride when walking, and do not do exercises that involve jumping or standing on one leg.
3. Gently turn your core on when you bend or lift. Don't lean forward over change tables etc for extended periods, instead try bending at your hip and knees while keeping your back straight.
4. Avoid carrying heavy weights, and carry your baby close to you, and evenly in front of your body
5. Avoid twisting suddenly especially where you rotate your foot out to turn around
6. Avoid sitting cross legged or sitting in low soft lounges
7. When getting out of the car, rotate your body with your knees to together, and then lean forward and push through your feet to lift your body up
8. Wear low heels or supported walking shoes
9. Let others do the cleaning and sweeping while you are in acute pain
10. Sleep with a pillow between your knees, and gently turn your core on whenever you are turning in bed.
11. Wear a slippery nightie, such as silk or satin to make it easier to turn over in bed
12. You may find a sacroiliac belt helpful to support your pelvis as you move around through the day. Discuss this with your physiotherapist to ensure it is appropriate
13. You may also wish to discuss labour positions with your physiotherapist.
14. If you are in severe pain, physiotherapists trained in assessing you pelvic function may be able to provide you with pain relief and teach you how to activate your core muscles to assist supporting your lumbo-pelvis region.
15. If sex is painful, you could try positions where you are able to keep your knees together, such as lying on your side