

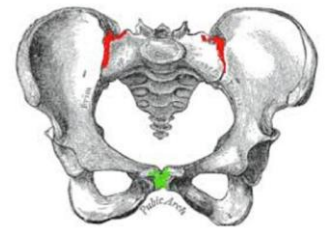
– PREGNANCY RELATED PELVIC GIRDLE PAIN (PRPGP) –

- Pain experienced in one or more of your three pelvic joints and that may also travel to your hips, groin, between your legs or to the back of your thigh
- PRPGP usually happens due to a combination of factors including hormonal, genetic and social/environmental influences, and previous history of PGP and/or back pain
- 56-77% of women experience PGP and/or low back pain in pregnancy
- The strongest predictor of resolution of PRPGP is having the belief that it will go away

Tips to manage PRPGP:

1. Use your muscles

- Turn on your pelvic floor, lower tummy, or bottom muscles before and as you move, lift or change position
- Engage in general strengthening exercises
- Pool based walking or exercise is often found to be helpful



2. Positioning

Adopting even weighted positions can improve comfort

- Stand with weight evenly balanced on each leg
- Minimise exercises and activities where you are standing on one leg
- Rest in well-supported positions, e.g., sleep on your side with a pillow between your knees and ankles
- Keep your legs together when turning in bed
- When getting into the car, sit down, and then turn around with your legs together. A plastic bag on the seat will reduce friction
- Sit down to put on pants, socks, shoes etc

3. Walking

- Take smaller steps, especially when turning
- Take the stairs one at a time and use a rail if there is one

4. Activity modification

- Modify activity if required but remain active, e.g., replace walking with swimming
- Break up the time you spend doing an activity continuously, e.g., 2x15 minute or 3x10 minute walks in a day instead of one 30 minute session

5. Pelvic support garment

- Wear a pelvic support belt or pregnancy support pants when standing or walking

6. Rest and sleep

- Optimise sleep as best you can
- Combine activity with rest e.g., unloading the body in side-lying or semi reclined positions for short periods (20-30 minutes) of time after activity
- Consider the use of an egg shell mattress topper if hip pain when lying on your side

References

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