

BACK PAIN IN PREGNANCY

Pelvic ligaments become more loose and flexible in response to the hormonal changes of pregnancy. Especially in the late second trimester into the third trimester when the baby's weight may worsen lower back pain due to pressure exerted on the small nerves on the inside of the pelvis.

- Pelvic Tilt: Inhale to expand abdomen, exhale and contract abdominal inward while rotating the top of the pelvis upward toward the navel, hold for 5 counts. Do 10-15 times daily. Strengthens abdominal, improves posture and relieves strain on the lower back. Do sitting, standing or lying down on the back (use a wedge under one hip).
- Pelvic Rock: On hands and knees, keep back straight and head aligned with the spine. Exhale in 4 counts while rounding the entire back and tilting the pelvis towards the abdomen (like a cat arching), hold for 4 counts, return to a straight back. Repeat 5 times. This can be done in the shower with the water aimed at your back.
- Pay attention to good posture (pelvis tilted in). Wear well fitting shoes with low heels.
- When standing, elevate one foot on a low stool, or stand with one foot in front of the other with knees slightly bent.
- Use warm baths, heating pads, and/or massage. You could use Arnica cream with the massage.
- When lifting: bend at the knees and lift with your legs. Avoid use of ankle weights in exercise programs in the last trimester.
- You may benefit from a new mattress.
- Chiropractic care, especially when the baby goes through a growth spurt can be very helpful. Ache in the middle of the buttock with muscle cramping may be due to a sacroiliac problem that can be alleviated by a chiropractor with expertise in pregnancy care. If you do not already have a chiropractor, please ask for our list of local chiropractors.
- Homeopathy: Arnica (especially if the area feels bruised and swollen); Rhus Tox (especially if the pain becomes somewhat better with movement); and Hamamelis.
- Backache high and to one side may indicate kidney problems – contact your midwife.