

You are Not Alone!

- **48-56%** of pregnant women experience pelvic pain during or after pregnancy
- As many as **25%** of those classify this pain as severe and as many as **10%** develop chronic pelvic pain
- **15-25%** of pregnant women experience low back pain in addition to pelvic pain

Resources and Clinics:

The International Pelvic Pain Society:
<https://pelvicpain.org/home.aspx>

The Pelvic Guru: <https://pelvicguru.com/>

Pelvic Health Specialist Locator:
<https://pelvicpain.org/patients/find-a-medical-provider.aspx>

Integrative Therapies: 7-E Oak Branch Drive, Greensboro, NC 27407; (336) 294-0910

BreakThrough Physical Therapy: 1591 Yanceyville Street, Ste. 400, Greensboro, NC 27405; (336) 274-7480

LeBauer Physical Therapy: 319 Smyres Pl. Greensboro, NC 27403; (336) 271-6677

Alliance Urology Specialists: 509 North Elam Avenue, 2nd FL North Elam

Medical Plaza Building, Greensboro, North Carolina 27403; (336) 274-1114.

PREGNANCY AND PELVIC GIRDLE PAIN:

HOW PHYSICAL THERAPY CAN HELP



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Pelvic Floor Muscles

The pelvic floor is made up of 3 groups of muscles with important roles:

1. Sexual Appreciation
2. Bladder and Bowel Control
3. Support for Pelvic Organs
4. Core Stability
5. Pumping blood and fluid

What is Pelvic Pain?

- Pain in the pelvic region that may or may not radiate that begins during pregnancy or within 3 weeks of delivery
- Can be classified as acute or chronic based on how long symptoms last

Impact on Daily Life

Women with pelvic girdle pain may experience:

- Pain with sexual intercourse
- Pain with walking, carrying objects, sitting, or standing
- Difficulty caring for newborn
- Difficulty maintaining or obtaining employment
- Reduced quality of life

How can PT Help?

- **Manual Therapies** like massage to reduce pain and improve movement
- **Biofeedback** to help retrain muscles to contract and relax
- **Core strengthening** to promote optimal stability
- **Postural re-education** to improve posture and core stability
- **Relaxation training** to relax tight pelvic floor muscles
- **Biomechanics training** to prevent injury

