



Pelvic Girdle Pain (PGP)

The pelvic girdle is a ring of bones at the base of your spine, which includes the sacroiliac joints at the back and the symphysis pubis at the front. The Royal College of Obstetricians & Gynaecologists (RCOG) describe Pelvic Girdle Pain as pain in the front and/or back of the pelvis, it can affect other areas such as the back, hips or thighs.

PGP can include symptoms such as pain on walking on uneven surfaces, pain on standing prolonged periods of time, pain climbing stairs and turning over in bed.

It is common and can affect both your ability to move comfortably and your quality of life. It affects 1 in 5 pregnant women. Detecting PGP early and receiving treatment is considered safe during and after pregnancy. An improvement in the function of the pelvis can be beneficial during labour.

In our experience pelvic girdle pain is something that you do not have to put up with until your baby is born. Here are our Back friendly Top tips for helping you to manage Pelvic Girdle Pain;

- 1 Consult a manual therapy practitioner, such as a chiropractor, an osteopath or physiotherapist who specialises in the treatment of PGP in pregnancy.
- 2 Take care during everyday activities that put uneven strain on the pelvic girdle - Keep your knees together whilst getting in and out of the bath and bed. Lower yourself into the car seat bottom first, and then swing both legs in together keeping the knees together. Sit down when getting dressed.
- 3 Avoid prolonged sitting - 30mins is a maximum.
- 4 Sleep or rest on your side with a pillow between knees.
- 5 Engage in exercises for the pelvic floor and core strength to improve your posture and balance and make your spine and pelvis more stable.

For further useful information on PGP we recommend the Royal College of Obstetricians & Gynaecologists leaflet called 'Pelvic Girdle pain and pregnancy'. You can download a copy of the leaflet on our website.

