



Treatment

The physiotherapist will discuss the plan for treatment with you. Physiotherapy treatment aims to improve your spinal and pelvic joint position and stability, relieve pain and improve muscle function

Treatment may include:

- manual therapy to make sure your spinal, pelvic and hip joints are moving normally or to correct their movement. If you are unable to part your legs without pain then physiotherapy can help.
- exercises to retrain and strengthen your stomach, back, pelvic floor and hip muscles
- advice, including:
 - back care
 - lifting
 - suggested positions for labour and birth
 - looking after your baby and any toddlers
 - positions for sexual intercourse
 - other types of pain relief such as acupuncture or TENS
- provision of equipment (if necessary after individual assessment) such as crutches, pelvic girdle support belts, wheelchairs

How often will you need treatment?

- Your physiotherapist will see you during the pregnancy as necessary. For some women, the pain gets completely better and no more treatment is needed.
- Not everybody responds completely to physiotherapy and you may need repeated visits for further reassessment and treatment of your joints to keep your pain under control.
- You should continue to heed any advice given to you by the physiotherapist and if you have been prescribed exercises as part of your treatment then these should be carried out regularly.
- Treatment should continue after you have had your baby if the pain persists. It is important to tell your physiotherapist if you feel you have not made a full recovery and discuss the options for further treatment.

Contact us now

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Pregnancy-Related Pelvic Girdle Pain (PGP) is common. The sooner it is identified and assessed the better it can be managed.

- 1 in 5 pregnant women experiences mild discomfort in the back or front of the pelvis during pregnancy.
- Women experience different symptoms and these are more severe in some women than others. If you understand how PGP may be caused, what treatment is available, and how you can help yourself, this may help to speed up your recovery, reducing the impact of PGP on your life.
- A range of management options is available to you, based on the type of PGP you are found to have.

What is PGP?

- PGP describes pain in the joints that make up your pelvic girdle; this includes the symphysis pubis joint (SPJ) at the front and/or the sacroiliac joints (SIJ) at the back.
- The diagnosis is made on certain symptoms that you may experience during or after pregnancy

You may have

- Difficulty walking
- Pain when standing on one leg e.g. climbing stairs, dressing or getting in or out of the bath
- Pain and/or difficulty moving your legs apart e.g. getting in and out of the car
- Limited or painful hip movements eg. turning over in bed
- Difficulty lying in some positions e.g. on your back or side
- Pain during normal activities of daily life
- Pain and difficulty during sexual intercourse

It is important that if your pain is not manageable you see a physiotherapist. A physiotherapist will assess the effect PGP has on your whole body, your family and lifestyle and offers a range of treatment options and advice.

Assessment will include:

- careful examination of your pelvic, back and hip joints and the muscles around them, looking at how the joints move and whether the muscles are strong enough to support your pelvis and spine
- looking at how well you move and carry out everyday activities

Continued...

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