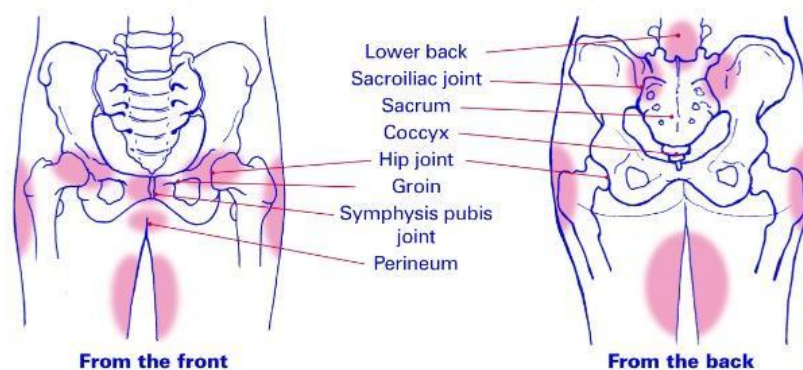


Pelvic girdle pain:

- This pain is very common during pregnancy, with up to 45% of women reporting pain in the pelvis
- Few of these women (only 5-8%) continue to have persistent pain and reduced activity tolerance post-partum
- **Symptoms:**
 - Pain between the lower back and the buttocks, particularly in the area of the sacroiliac joints.
 - The pain may radiate down the buttocks, to the back of the thighs and also include the front of the pelvis (pubic symphysis area) and groin.



- More common in later pregnancy and in those women with a higher BMI
- **Who is more likely to experience this pain:** women who have been pregnant before, those with a past history of lower back pain/pelvic pain or trauma to the back or pelvis and those who complete physically demanding work
- Treatment: research suggests that a multi-modal approach including physiotherapy, specific exercises, education and advice, acupuncture and support garments/taping may offer relief!
- Women who experience this type of pain shouldn't put up with it, but rather **seek advice from your physio** about exercise and posture to get on top of this pain quicker!