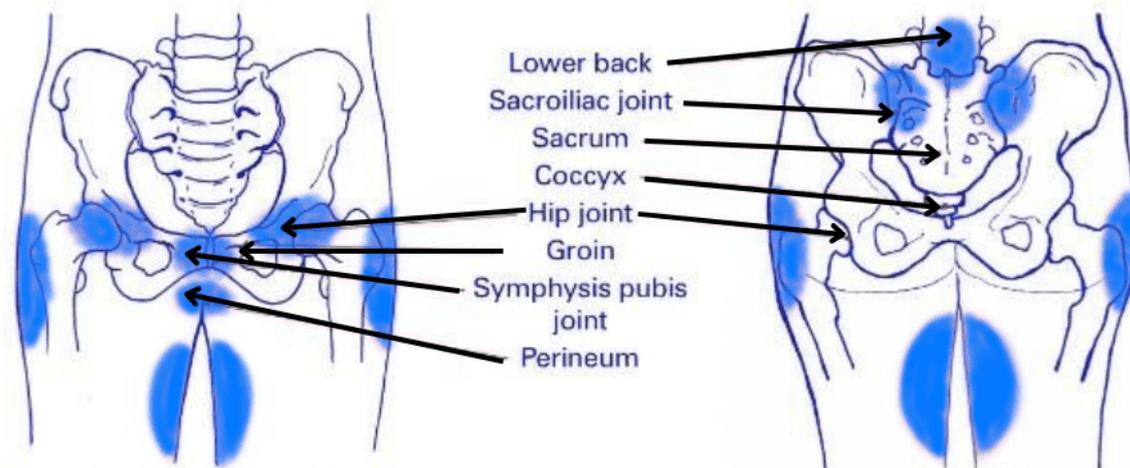


Pelvic Girdle Pain (PGP) in Pregnancy

PELVIC GIRDLE PAIN DISTRIBUTION



FRONT
ANTERIOR

BACK
POSTERIOR

Patient Information Leaflet

What is Pelvic Girdle Pain?

Pelvic Girdle Pain (PGP) is pain experienced around the **pelvis, lower back, hips, or groin** during pregnancy. It occurs due to the **increased movement and strain on the pelvic joints** caused by pregnancy hormones and changing posture.

PGP is common, affecting **up to 1 in 5 pregnant women**, and is usually temporary.

Symptoms

You may notice:

- Pain in the **front of the pelvis (pubic area)**
- Pain in the **lower back or buttocks**
- Pain radiating down the **thighs**
- Clicking, grinding, or a feeling of **instability in the pelvis**
- Difficulty **walking, standing, climbing stairs**, or turning in bed
- Pain worsening with certain activities, such as **standing on one leg, getting out of a car, or lifting**

Causes

PGP is caused by:

- **Relaxin hormone** – softens ligaments and joints for childbirth
- **Changes in posture** – as the baby grows, your centre of gravity shifts
- **Previous pelvic injury** – can make you more prone to PGP
- **Muscle imbalance** – weak or tight muscles around the pelvis

Managing Pelvic Girdle Pain

Most women improve with self-care and physiotherapy. Key strategies include:

1. Keep moving

- Gentle walking and activity as tolerated
- Avoid long periods of standing or sitting in one position

2. Support your pelvis

- Wear a **pregnancy support belt** if recommended
- Avoid movements that trigger pain, such as crossing legs or twisting

3. Exercise

A physiotherapist can teach exercises to:

- Strengthen your **pelvic floor, core, and hip muscles**
- Improve posture and balance
- Reduce pain and improve function

4. Pain relief

- Paracetamol is usually safe in pregnancy
- Avoid NSAIDs (e.g., ibuprofen) unless advised by your midwife or doctor

5. Daily activity tips

- Get **in and out of bed** using both knees and support your pelvis
- Turn your whole body when getting out of a car
- Sit with **both feet flat on the floor** and avoid crossing legs

When to seek urgent medical advice

Contact your midwife or GP immediately if you have:

- Severe pelvic pain that stops you from moving
- Numbness, tingling, or weakness in your legs
- Loss of bladder or bowel control
- High fever or other concerning symptoms

Recovery and Outlook

- Most women notice **improvement after birth**, although symptoms may continue for a few months
 - Physiotherapy and targeted exercises can **speed up recovery**
 - Maintaining strength and posture during pregnancy can **reduce the impact of PGP**
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PELVIC GIRDLE PAIN (PGP): CONSERVATIVE TREATMENT GUIDE

Pain around the back of pelvis hips, groin, or pubic bone

What is Pelvic Girdle Pain?

- Pain around the hack of pelvis, hips, groin or pubic bone
- Common in pregnancy due to hormonal, joint, and posture changes

CONSERVATIVE TREATMENT OPTIONS



Physiotherapy

- Core and pelvic floor activation
- Gentle strengthening of glutes, hips and deep abdominals
- Manual therapy for joint alignment



Positioning & Rest

- Use pillows between knees and under the bump
- Lie on your side with hips stacked
- Avoid standing on one leg or prolonged standing



Supportive Equipment

- Pelvic support belts
- Stability cushions or birth balls
- Shoe inserts for alignment



Lifestyle Modifications

- Break up tasks to reduce strain
- Sit to get dressed
- Ask for help with lifting or shopping



Exercise (as tolerated)

- Swimming or water aerobics



- Swimming or water aerobics
- Prenatal yoga

Summary

Pelvic Girdle Pain is common in pregnancy and usually improves with **movement, exercises, and support**. Early advice from a physiotherapist or midwife can help you manage symptoms effectively and stay active throughout pregnancy.