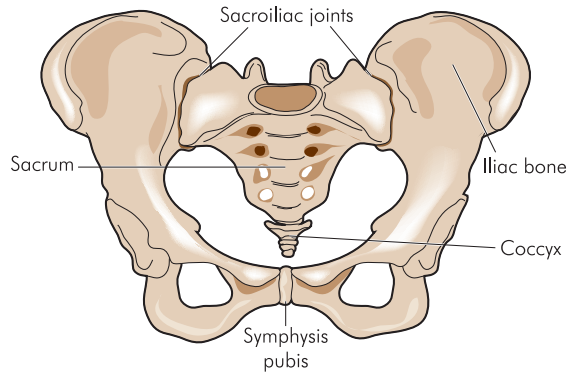


Is Back Pain Common During Pregnancy?

A recent study reported that almost 50% of expecting and new mothers experience back pain!



WHY?

With your pregnancy, your body is preparing to pass your baby through your pelvis. (If you are scheduled for a C-section, your body does not know and still prepares for a natural delivery.)

With the increased weight of your baby and the release of hormones in your body, the muscles and ligaments which give your pelvis stability are weakened and stretched out.

Once you deliver, there is no guarantee that your pelvis goes back to the way it was before. It often becomes stuck and painful...especially with toddlers and a return to housework, yardwork, your career and other activities.

What Can You Do for Your Back?

Back pain during pregnancy is often caused by a problem in the pelvis. The most common problem is a pelvis which does not move at one or more joint.

Hands-on Therapy

Plus

Exercise to Stabilize

Equals

Relief and a Healthy Pelvis

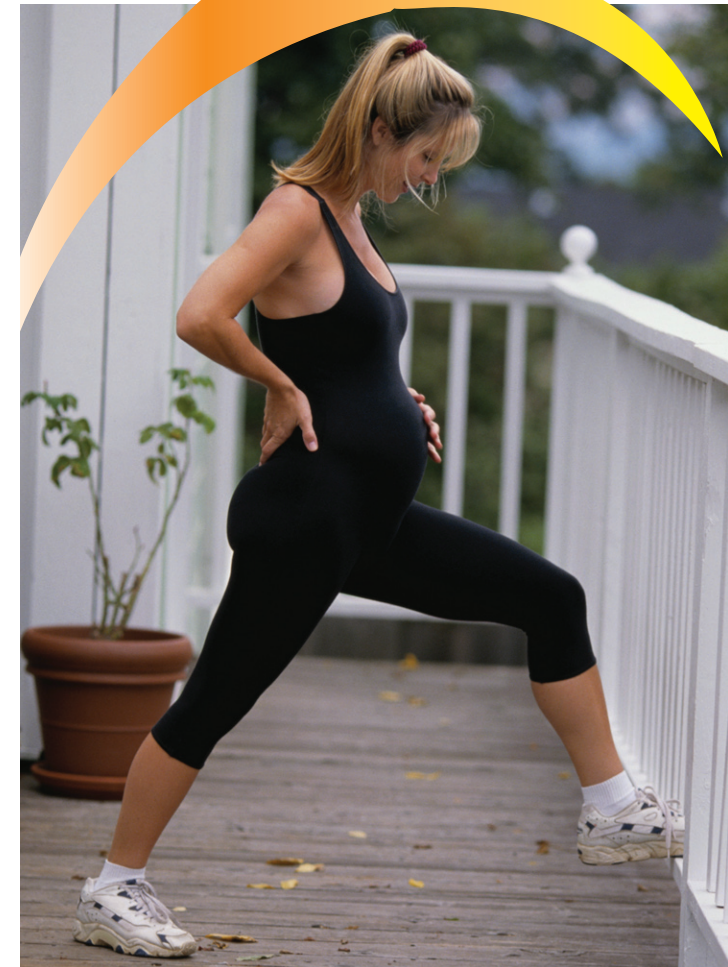
The above formula of hands-on therapy to restore normal, healthy movement in the pelvis followed by specific exercises to retrain the stomach and back muscles which control the pelvis, have helped many mothers find long term relief and prevent the pain from coming back.

This information was provided courtesy of Madden Physical Therapy and is intended to be used by medical professionals helping people with lower back pain.

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Top 3 Home Exercises for Back Pain and Pregnancy

For during or after pregnancy



TOP 3 HOME EXERCISES for BACK PAIN and PREGNANCY

Knee Isometric



How to do it:

1. Lying on your back, grab one knee with both hands.
2. Push your knee down into your hands. 50% effort. Do not strain.
3. Keep breathing.

Hold for 5 seconds, repeat 10 times.

Good Idea!

Lying flat on your back during pregnancy can cause problems. The weight of your baby can put pressure on blood vessels in your stomach and stop blood from flowing.

Two options are to prop your head and shoulders up on a pillow or wedge (as pictured above) or perform the exercises while sitting in a chair.

Ball Squeeze

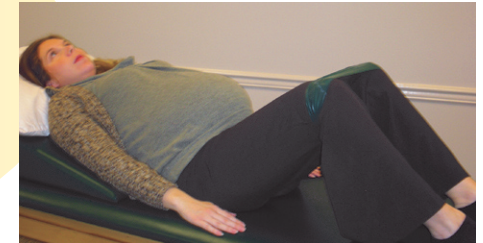


How to do it:

1. Lying on your back, ball or folded pillow between the knees.
2. Slightly arch your back by pushing your bottom into the table. Slightly tighten your stomach by bringing your belly button in.
3. Squeeze the ball.
4. Keep breathing.

Hold 5 seconds, repeat 10 times.

Knees Apart with Band



How to do it:

1. Lying on your back with knees bent.
2. Exercise band around knees.
3. Slightly arch your lower back and tighten your stomach muscles.
4. Push your knees apart.

Hold 5 seconds. Repeat 20 times.

Want to Learn More?

For videos on common causes of lower back pain, find "Top 3" on facebook, twitter and youtube.

