



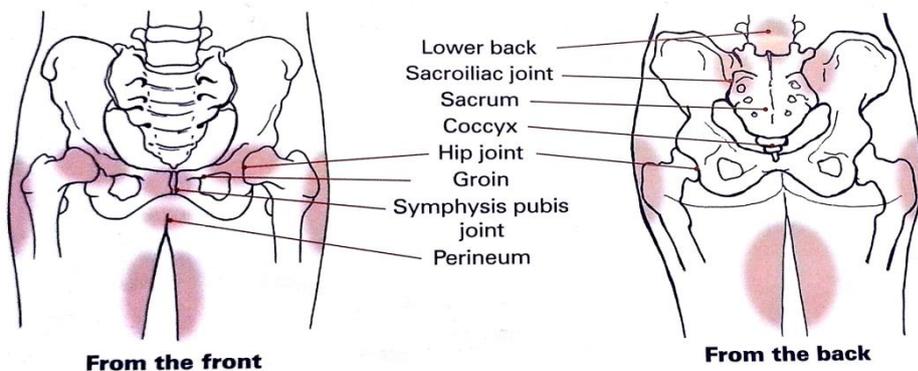
# Pregnancy related pelvic girdle pain (PGP)

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

Around 1 in 5 pregnant women experience mild discomfort in the back or front of the pelvis during pregnancy. If you have symptoms that do not improve within a week or two, or interfere with your normal day-to-day life, you may have PGP and should ask for help from your midwife, GP, physiotherapist or other health carer.

Women experience different symptoms and these are more severe in some women than others. A range of management options is available to you, based on the type of PGP you are found to have.

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 discomfort is often felt over the pubic bone at the front, below your tummy, or across one side of the lower back, or both sides. You may experience pain in some or all of the areas shaded in the diagrams above.

With PGP the degree of discomfort you are feeling may vary from being intermittent and irritating to being very wearing and upsetting.

Working in partnership Great Western Hospitals NHS Foundation Trust Royal United Hospitals Bath NHS Foundation Trust Salisbury NHS Foundation Trust <a href="http://www.wiltshirehealthandcare.nhs.uk">www.wiltshirehealthandcare.nhs.uk</a> This is a controlled document. Whilst it may be printed, the electronic version saved on the T.drive is the controlled copy. Any printed copies of this document are not controlled. As a controlled document, this document should not be saved onto local drives but should be accessed from the T.drive	
Date of last review: 01/18	Document Ref: 301189
Printed on 25/01/2018 at 10:32 AM	

## **What causes PGP?**

Sometimes there is no obvious explanation for the cause of PGP. Usually there is a combination of factors including:

- The pelvic girdle joints moving unevenly
- A change in the activity of the muscles of your tummy, pelvic girdle, hip and pelvic floor which can lead to the pelvic girdle becoming painful
- A previous accident or fall that has damaged your pelvis
- A small number of women may have pain in the pelvic joints caused by hormones

## **General advice during pregnancy**

- Be as active as possible within pain limits and avoid activities that make the pain worse
- Ask for and accept help with household chores and involve your partner, family and friends
- Rest when you can
- Sit down to get dressed/undressed, avoid standing on one leg
- Wear flat supportive shoes
- Avoid standing to do such tasks as ironing
- Try to keep knees together when moving in/out of car
- Sleep in a comfortable position with a pillow between your legs
- Avoid activities that causes dooming of your abdomen
- Try different ways of turning in bed e.g. turning over with your knees together and squeezing your buttocks
- Roll in and out of bed on your side, keeping your knees together
- Take the stairs one at a time (try going upstairs leading with your less painful leg and downstairs leading with the more painful one)
- Plan your day - bring everything you need downstairs in the morning
- If using crutches have a small rucksack to carry things in
- If you desire sexual intercourse consider alternative positions, e.g. lying on your side, kneeling on all-fours

Working in partnership  
Great Western Hospitals NHS Foundation Trust  
Royal United Hospitals Bath NHS Foundation Trust  
Salisbury NHS Foundation Trust  
[www.wiltshirehealthandcare.nhs.uk](http://www.wiltshirehealthandcare.nhs.uk)  
This is a controlled document. Whilst it may be printed, the electronic version saved on the T.drive is the controlled copy. Any printed copies of this document are not controlled. As a controlled document, this document should not be saved onto local drives but should be accessed from the T.drive

Date of last review: 01/18

Document Ref: 301189

Printed on 25/01/2018 at 10:32 AM

## **General Exercise**

It is good for you and your growing baby to continue with moderate exercises. Aquanatal classes and swimming may be beneficial but avoid breast stroke kicks. Do not take up new sporting activities, and avoid intensive or extensive periods of exercise. Avoid exercises that make your pain worse.

## **Specific stabilizing exercises**

These help to improve the support around your spine and pelvis and relieve pain.

### **Pelvic Floor activation**

- Sit, stand or lie with your knees slightly apart. Slowly tighten and pull up the pelvic floor muscles as strongly as you can. Hold tightened for at least 5 seconds, relax and repeat at least 5 times. (Slow pull-ups).
- Now pull the muscles quickly and tightly, relax immediately and repeat at least 5 times (Fast pull-ups).
- Repeat this exercise every few hours in any position.

### **Transversus Abdominis activation**

- Kneel on all-fours, sit, stand or walk. Breathe in normally and as you breathe out, gently draw the lower part of your stomach (just below your belly button) up and in. You can help this muscle activation by tightening your pelvic floor muscles at the same time. Hold for at least 5 seconds, breathing normally. Relax and repeat at least 5 times.
- Try to activate the above muscles as often as you can throughout the day, especially when you are doing activities that cause pain/discomfort e.g. walking up/down stairs, turning in bed, getting up from sitting.

## **Physiotherapy treatment**

If you are struggling to manage your pain with the exercises and advice, a physiotherapist may be able to discuss whether individual treatment may be appropriate. This could include;

- Manual therapy
- Acupuncture or TENS
- Exercises in water
- Provision of crutches and/or advice on pelvic girdle support belts

Working in partnership Great Western Hospitals NHS Foundation Trust Royal United Hospitals Bath NHS Foundation Trust Salisbury NHS Foundation Trust <a href="http://www.wiltshirehealthandcare.nhs.uk">www.wiltshirehealthandcare.nhs.uk</a> This is a controlled document. Whilst it may be printed, the electronic version saved on the T.drive is the controlled copy. Any printed copies of this document are not controlled. As a controlled document, this document should not be saved onto local drives but should be accessed from the T.drive	
Date of last review: 01/18	Document Ref: 301189
Printed on 25/01/2018 at 10:32 AM	



## **Further Information**

Below are the telephone numbers for the Community Outpatient Physiotherapy departments. Please call your local department for any further information/guidance;

Chippenham - 01249 456451  
Devizes - 01380 732520  
Malmesbury - 01666 827583  
Melksham - 01225 701027  
Salisbury - 01722 336262 Ext 4425  
Savernake - 01672 517310  
Trowbridge – 01225 711341  
Warminster – 01985 224716

### **Useful website:**

<http://www.pogp.csp.org.uk>

### **Safeguarding**

Wiltshire Health and Care have a strong commitment to care that is safe, of a high quality and that upholds our patients' rights. All our patients have the right to live lives free from abuse or neglect and, where they are able, to make or be supported to make informed decisions and choices about their treatment, care and support. Where patients are not able to make their own decisions, Wiltshire Health and Care staff are committed to ensuring that treatment, care and support is undertaken in accordance with the person's best interests. In order to fulfil these commitments, Wiltshire Health and Care follow the Safeguarding principles and responsibilities laid out in sections 42-46 of the Care Act (2014) and are informed by, and apply, the guiding principles and provisions of the Mental Capacity Act (2005). If you or your carer have any concerns about abuse, neglect or your rights in relation to care provided by Wiltshire Health and Care or any other agency or individual, please raise this directly with any Wiltshire Health and Care staff or contact the Safeguarding Adults Team by telephone on: 0300 4560111.

### **Wiltshire Health and Care Patient Advice and Liaison Service (PALS)**

If you have any questions, or concerns, suggestions or compliments about our service, please speak to a member of staff. This information sheet is available in other languages and formats. If you would like a copy, please contact us on 0300 1237797 and [PALS.wiltshirehealthandcare@nhs.net](mailto:PALS.wiltshirehealthandcare@nhs.net)

Working in partnership

Great Western Hospitals NHS Foundation Trust  
Royal United Hospitals Bath NHS Foundation Trust  
Salisbury NHS Foundation Trust  
[www.wiltshirehealthandcare.nhs.uk](http://www.wiltshirehealthandcare.nhs.uk)

This is a controlled document. Whilst it may be printed, the electronic version saved on the T.drive is the controlled copy. Any printed copies of this document are not controlled. As a controlled document, this document should not be saved onto local drives but should be accessed from the T.drive

Date of last review: 01/18

Document Ref: 301189

Printed on 25/01/2018 at 10:32 AM