

Back Pain During Pregnancy

Between 50%-70% of all pregnant women experience back pain at some point. It can make getting around very difficult, especially in those last weeks. The back pain will go away after you have your baby.

What Causes It?

- An increase of hormones which allow the pelvic area to soften and the joints become looser in preparation for the birthing process. This may affect the support of your back.
- As your baby grows your center of gravity moves forward causing a posture change you see in pregnant women.
 - Additional weight you carry as your pregnancy develops.
- Poor posture, excessive standing, and bending over can trigger or escalate the pain.
- Due to changes in the pelvic area you may experience increased back pain during stressful times. This, along with other reasons is why you will often hear people tell you not to stress for the sake of the baby.

Reduce the Pain

There may not be a way to get rid of the pain completely, but you can do a number of things to help alleviate the pain, such as.

- Exercises that support and help strengthen the back and abdomen
 - Squat (don't bend over)
 - Avoid high heels
 - Avoid sleeping on your back
- Wear a support belt under your lower abdomen
- Make sure your back is aligned (see a chiropractor)
 - Get plenty of rest and elevate your feet
 - Ice/Heat
- Brace or other support devices
- Sleep on the left side and use a support pillow under your knees
- Medications for inflammation (ask your care provider)
- See a chiropractor or massage therapists

