

ACHES AND PAINS DURING PREGNANCY



PELVIC GIRDLE PAIN

POSSIBLE CAUSES

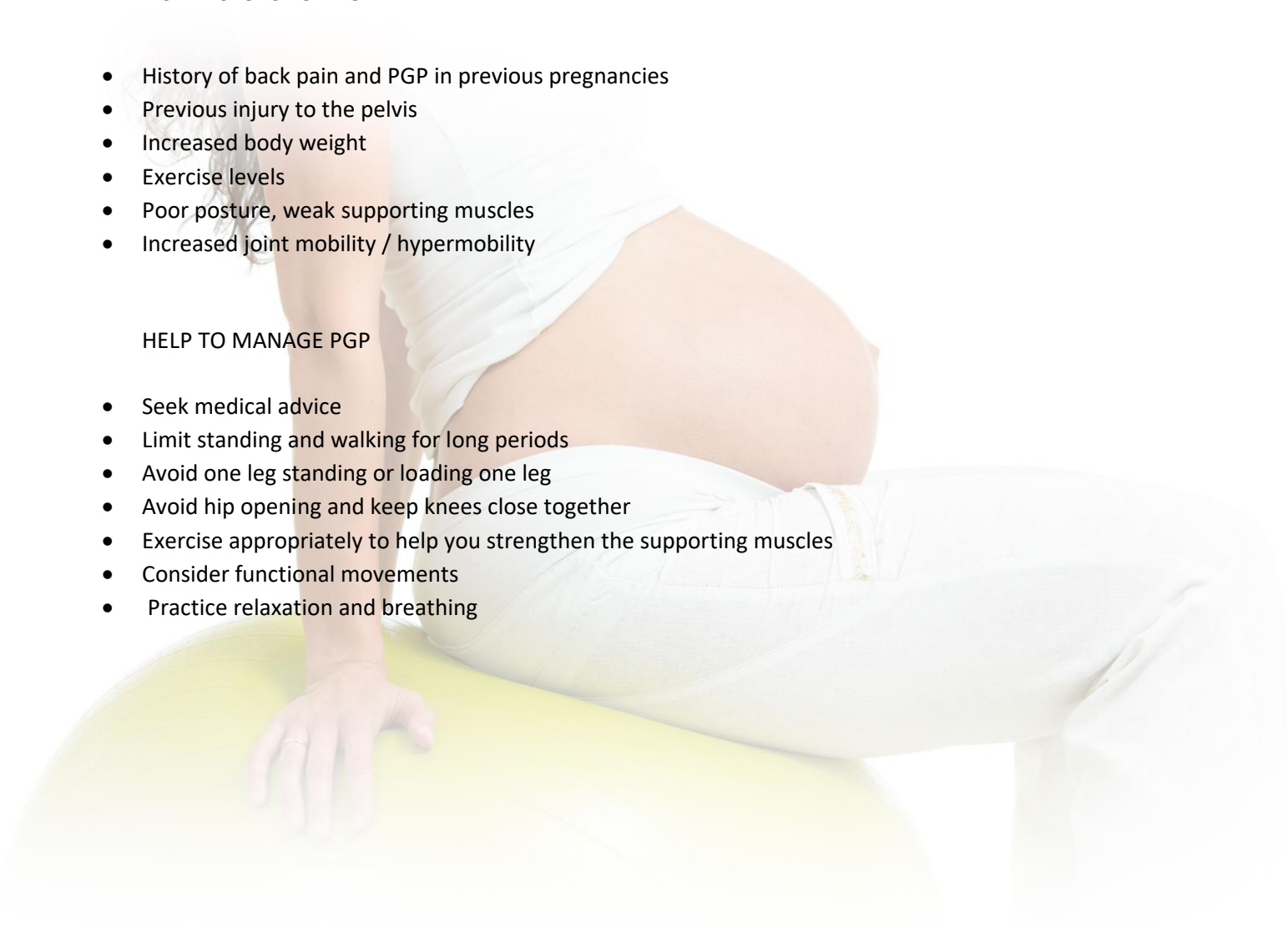
- Changes in posture and centre of gravity
- Changes to the muscles / function around the pelvis
- Hormonal changes ?
- Already damaged pelvis
- Emotional factors- anxiety, depression, stress / sleep pattern

RISK FACTORS FOR PGP

- History of back pain and PGP in previous pregnancies
- Previous injury to the pelvis
- Increased body weight
- Exercise levels
- Poor posture, weak supporting muscles
- Increased joint mobility / hypermobility

HELP TO MANAGE PGP

- Seek medical advice
- Limit standing and walking for long periods
- Avoid one leg standing or loading one leg
- Avoid hip opening and keep knees close together
- Exercise appropriately to help you strengthen the supporting muscles
- Consider functional movements
- Practice relaxation and breathing



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SCIATICA

- Pressure on the sciatic nerve
- Extra weight of uterus and baby growing
- Postural changes

HOW TO HELP

- Stay mobile
- Regular exercise
- Listen to your body.
- Mobilise / gentle stretches
- Avoid sitting for extended periods
- Sleep position

GENERAL ACHES AND PAINS

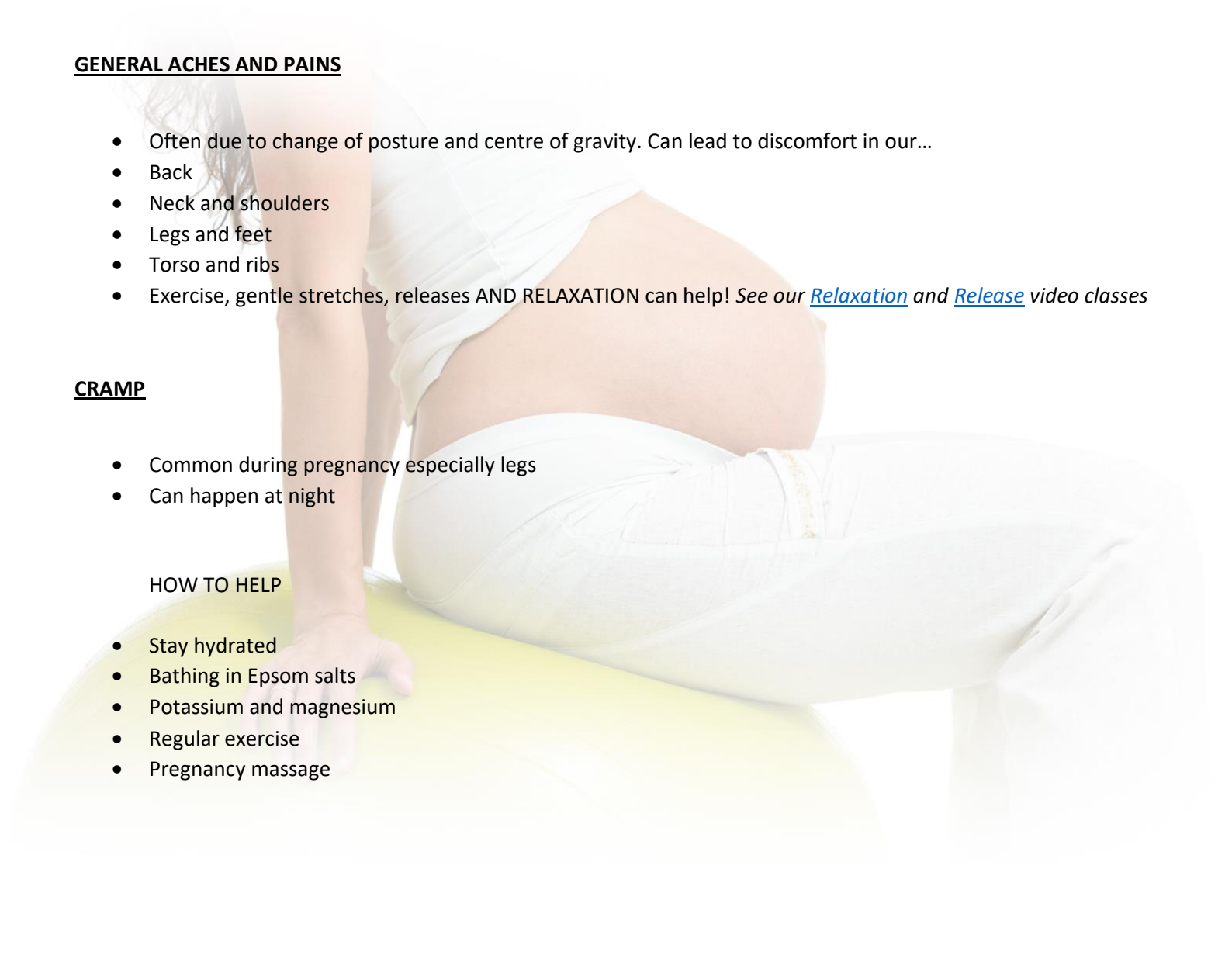
- Often due to change of posture and centre of gravity. Can lead to discomfort in our...
- Back
- Neck and shoulders
- Legs and feet
- Torso and ribs
- Exercise, gentle stretches, releases AND RELAXATION can help! See our [Relaxation](#) and [Release](#) video classes

CRAMP

- Common during pregnancy especially legs
- Can happen at night

HOW TO HELP

- Stay hydrated
- Bathing in Epsom salts
- Potassium and magnesium
- Regular exercise
- Pregnancy massage



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CARPEL TUNNEL SYNDROME

- Affects the narrow tunnel in your wrist.
- Symptoms can be pain, tingling, weakness, numbness
- Can be one or both hands and often is worse at night.
- Usually temporary and goes away after the birth of your baby.

HELPING SYMPTOMS

- Avoid anything that makes symptoms worse or take breaks from activities that seem to irritate the situation
- Certain exercises and movements can help
- Acupuncture may help
- A wrist splint can help at night
- As always, seek medical help if you are struggling with symptoms

