



## Pregnancy & Postnatal



## Back & Neck Pain

Are you pregnant or have you recently had a baby?  
Is back, neck or rib pain affecting your daily life?  
Is neck or upper back pain making breastfeeding difficult?

Low back, mid back and neck pain are very common in pregnancy and can persist, or even start, after the birth of your baby. Back and neck issues can be extremely painful and have a huge impact on your life at this exciting time, limiting your ability to look after and enjoy your baby. You might experience headaches with breastfeeding, mid back or arm pain while settling and carrying your baby and low back or leg pain might wake you overnight, making you even more tired.

Pregnancy hormones relax your joints, ligaments and muscles and the postural changes and weight gain of pregnancy can add to the problem. The increased physical demands on your body of feeding and caring for your baby can also contribute to these problems.

50% of women experience back pain in pregnancy and low back and neck pain is common after birth. Specific physiotherapy treatment, advice and exercises can relieve these symptoms making your pregnancy more comfortable and helping you care for and enjoy your baby without pain.



## What Will My Physiotherapy Program Involve?

- A thorough assessment of your posture and spinal joints and muscles to establish your goals and treatment plan
- Education and advice for activity modification and postural correction
- Design of a personalised abdominal, hip and pelvic floor muscle exercise program
- Manual therapy including joint mobilisation and soft tissue massage
- Corrective taping and strapping

## How Often Will I Need To Attend?

The number of treatments varies for each individual depending on the severity of your symptoms and rate of progress. It is likely you will be reviewed intermittently to relieve your pain and to provide advice and exercises to prevent recurrent.

## What Can WMHP Do For Me?

Whilst back and neck pain are common in pregnancy you don't need to put up with them. At Women's & Men's Health Physiotherapy we'll work with you to relieve your pain and give you the skills to prevent its recurrence so you can comfortably enjoy your pregnancy and special time with your newborn baby without pain.

## Why Choose Women's & Men's Health Physiotherapy?

-  We're a group of female Physiotherapists who specialise in the physical conditions of pregnancy and after the birth of your baby
-  We'll design a personalised pelvic health program for your back and neck
-  We're passionate about empowering women to be at their physical best in pregnancy and during the postnatal period



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Also consulting at:  
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