



Pregnancy  
& Postnatal



## Pelvic Girdle Pain

Do you have pain in your low back, buttock or hip?  
Is pain making it hard for you to walk?  
Does it hurt when you roll over in bed or get dressed?

Back, pelvic joint and hip pain in pregnancy can range from annoying to debilitating and have a huge impact on your life. Pelvic Girdle Pain can affect your ability to enjoy your pregnancy, care for your family, work, exercise and take pleasure in social activities.

Pelvic Girdle Pain affects up to 40% of pregnant women and usually begins in pregnancy but may start after the birth of your baby. Pregnancy hormones relax your joints, ligaments and muscles whilst the weight you gain in pregnancy can add to the problem. Insufficient muscle control and altered support of the pelvic joints causes pain with simple activities such as walking, moving from sitting to standing, going up or down stairs, getting dressed and rolling over in bed.

Although there is no cure for pelvic girdle pain in pregnancy, specific physiotherapy treatment can relieve pain and symptoms, prevent it from getting worse and assist in a quicker recovery after birth.



## What Will My Physiotherapy Program Involve?

- A thorough assessment to establish your goals, musculoskeletal requirements and treatment plan
- Education and advice for activity modification
- Design of a personalised abdominal, hip and pelvic floor muscle exercise program
- Hands on therapy for muscles and tissues
- The use of a supportive belt or taping to aid stability of the pelvis
- A rehabilitation program following the birth to prevent ongoing pelvic girdle pain



## 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's likely you will be reviewed intermittently throughout your pregnancy and following birth to aid rehabilitation of the pelvis. A prompt rehabilitation program following the birth is extremely important to prevent ongoing and long lasting pelvic girdle pain.

## What Can WMHP Do For Me?

Pelvic Girdle Pain in pregnancy is common but it's not normal and you don't have to put up with it. At Women's & Men's Health Physiotherapy we'll work with you to relieve pain and empower you to manage the symptoms so you can focus on enjoying this exciting time of your life.

## 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 birth
-  We'll design a personalised pelvic health program for you
-  We're passionate about empowering women to be at their physical best in pregnancy and during the postnatal period



Women's & Men's  
Health Physiotherapy

549 Burke Rd, Camberwell VIC 3124

T: 03 8823 8300

E: [physio@wmhp.com.au](mailto:physio@wmhp.com.au)

[wmhp.com.au](http://wmhp.com.au)