

PT Center
PHYSICAL THERAPY AND SPORTS MEDICINE

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Relieve Pregnancy-Related Back Pain With Physical Therapy

Health & Wellness Newsletter

Are you currently pregnant and experiencing back pain? Have you given birth recently but are still feeling persistent pain, even after your delivery? One thing is for sure, pregnancy takes a toll on your body. Fortunately, our physical therapists at the Physical Therapy Center can help relieve your back pain, both during your pregnancy and after you have given birth.

Even if you still exercise regularly, if you do not adequately target your core muscles, you may be more susceptible to injury, especially when you bend, twist, or lift like when you're picking up your little one!

If you have been suffering from back pain during or after a pregnancy, don't hesitate to contact the Physical Therapy Center today. We'll help you relieve your undesirable back pain so you can get back to comfortably doing what matters most – caring for your baby!

What Causes Back Pain During And After Pregnancy?

Back pain is common during pregnancy, with many women reporting pain both before and after giving birth. Most expecting mothers say their back pain occurs where your pelvis meets your spine (i.e., SI joint), but pain can develop anywhere in the spine.

There are many reasons why you may experience prenatal or postpartum back pain, including:

- **Increased weight.** Women typically gain 25-35 pounds during pregnancy. This puts extra stress on the spine, and the growing baby in your uterus also puts extra pressure on the nerves and blood vessels surrounding your back and pelvis.
- **Separation of muscles.** As your stomach continues to expand throughout your pregnancy, extreme stress is put on your abdominal muscles. With continued expansion, these muscles can separate along the center, in a condition known as "diastasis recti." This may cause a muscle imbalance that places more stress on the spine, which may result in back pain.
- **Changes in posture.** When you're pregnant, your center of gravity changes. To compensate for this, most women will adjust their posture and how they move, sometimes without even realizing they are doing so.
- **Changes in hormones.** During pregnancy, your body releases a hormone known as "relaxin." This increases joint laxity (looseness) in the pelvic area. This is your body's natural way of preparing for birth; however, this hormone causes ligaments in the spine to loosen, resulting in less stability and more risk for the pain to ensue.

Low back pain is a common prenatal and postnatal pregnancy concern, but the good news is that it is treatable with physical therapy!

Stop letting pain get in the way. Give us a call or visit physicaltherapycenter.org today!

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How Physical Therapy Can Help Your Pregnancy-Related Pain

Our physical therapists offer both pre-and postnatal treatments for pregnancy-related pain relief. At your initial appointment, you will be greeted by one of our experienced and dedicated physical therapists. They will perform a physical evaluation to assess the nature of your symptoms.

Your medical history and any health risks will also be discussed and considered before creating a treatment plan. After your evaluation, your physical therapist will put together an individualized program for you aimed at providing relief for your back pain and allowing for a smooth pregnancy and/or recovery from childbirth.

Treatment plans typically involve gentle therapeutic exercises, stretches, and manual therapy. These are all done to relieve pain, strengthen your core muscles, and improve posture. Your physical therapist may also suggest additional methods, such as massage therapies, to provide other relief and optimum function as deemed necessary.

How Strengthening Your Core Can Relieve Your Back Pain

The core muscles comprise the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle. The muscles that make up your core are designed to help stabilize your body, support your posture, and allow you to move appropriately. When any of the muscles within that group become weak, it is difficult for your body to function correctly.

Core strength is essential for mothers to allow them to tolerate the demands of motherhood. For specific conditions, such as cases regarding diastasis recti, condition-specific treatments will be designed to correct the symptoms. Diastasis recti can interfere with strengthening the abdomen muscles, resulting in weak core muscles and increased back pain.

Significant weakness in the core will often lead to compensations and straining different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain. Fortunately, our highly-trained physical therapists use the latest evidence-based clinical knowledge in the field to identify and treat this condition based on its severity and the personal needs of the patient.

Contact Us Today

At the Physical Therapy Center, we want to make sure you are as comfortable as possible as you welcome the new addition to your family!

If you're experiencing back pain related to pregnancy, don't hesitate to reach out. Contact us today to schedule an appointment, so you can focus on what matters the most: taking care of your new little bundle of joy!

Sources:
https://pubmed.ncbi.nlm.nih.gov/32560862/
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7220333/

Check Out These Tips To Help You Stay Active & Healthy!



Soothing Strawberry Smoothie Bowl

- 1 frozen banana, peeled
- 1 cup frozen strawberries
- ¼ cup milk, more as needed
- Toppings of choice!

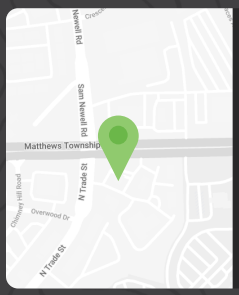
Add the banana, and strawberries to your blender. Let it sit in the blender for 2-3 minutes to soften slightly. Turn the blender on low and let it slowly chop up the fruit into small pieces. Add in the milk and blend, starting on low and working the speed up slowly, until smooth. Use a tamper or scrape down the sides as needed. Spoon the smoothie into a bowl and add on your desired toppings!

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Clamshells

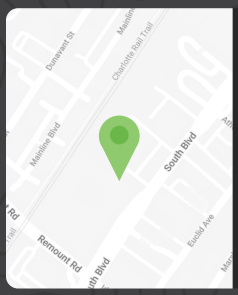
Lie on your side with your hips at 45 degrees and your knees bent to 90 degrees. Your heels are in line with your buttocks. Tilt your hips forward towards the ground slightly. Lift your knees apart (like a clam opening).



Matthews Location

1352 Matthews Township Pkwy
Unit 102 - Matthews, NC 28105
(704) 610-1868

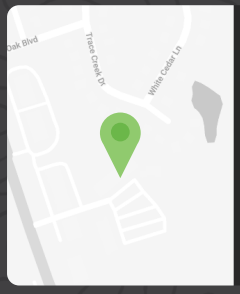
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South End Location

2400 South Blvd
Suite 203 - Charlotte, NC 28203
(980) 303-3991

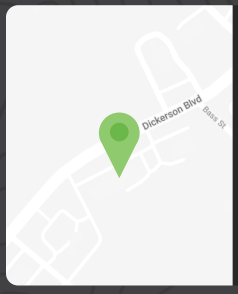
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Waxhaw Location

105 Waxhaw Professional Park Dr
Suite B - Waxhaw, NC 28173
(704) 459-4269

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Monroe Location

1730 Dickerson Blvd
Suite D - Monroe, NC 28110
(704) 459-3794

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