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Pelvic Girdle Pain in Pregnancy

Self-Help Management

The aim is to reduce stress on the joint.

It is essential that you tighten the muscles of your pelvic floor and lower abdomen before and during the following activities.

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| Getting into bed | Sit on the edge of the bed, keep knees close together, then lie down on your side, lifting both your legs up sideways. Reverse this to get out of bed. Do not attempt to pull yourself up from lying on your back. |
| Rolling over in bed | Keep knees together. Do not roll with your knees apart. |
| Getting up from a chair | Keep knees close together, put your hands on your knees, and lean nose over toes to stand up. |
| Sitting down | Do the reverse to sit down. Ensure that you feel the chair at the back of your legs first. |
| Getting into a car | Sit down first and then swing legs in, keeping knees together. |
| Walking | Take smaller steps. |
| Using stairs | Step up sideways one step at a time. Avoid stairs if possible. |
| Remember to | Sleep with a flat pillow between the legs. Take rest breaks. Move within the limit of pain. |
| Avoid | Sitting on soft sofas and chairs. Walking as an exercise. Active stretching and exercising with legs apart (eg, squatting, sitting cross-legged, or breaststroke kicking when swimming). |

Exercise Program

1. Abdominal stabilization (transversus abdominis, external and internal oblique, and multifidus muscles): "Sitting with your feet resting on the floor, gently pull in your lower abdominal muscles as if you are hugging your baby. Hold for 5 seconds. Repeat 5 times, continuing to breathe normally."
2. Pelvic floor: "Sitting tall, squeeze to close around your openings. Lift and hold for 5 seconds. Repeat 5 times. Breathe normally throughout."
3. Gluteus maximus muscle: "Sitting or standing, squeeze buttocks together. Hold for 5 seconds. Repeat 5 times."
4. Latissimus dorsi muscle: "Sit on a chair in front of a table or a closed door. Grasp door handle or table with both hands and pull toward you. Hold for 5 seconds. Repeat 5 times."
5. Hip adductor muscles: "Sitting down, put your fist or a rolled towel between your knees. Squeeze knees together. Hold for 5 seconds. Repeat 5 times."