



TWIN FALLS

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**Physical,
Occupational,
&
Speech
Therapy**

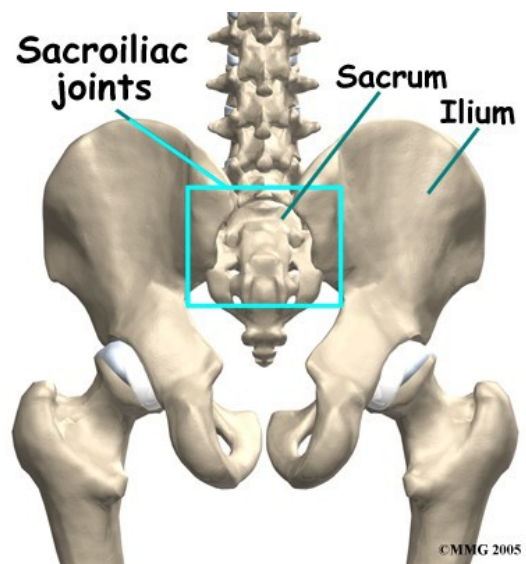
*providing
one-on-one
individualized care
for adult and pediatric
clients*

Pregnancy Related Low Back Pain

Many women experience low back pain during pregnancy due to increased weight and hormonal changes. During pregnancy there are hormones released which cause increased ligament laxity. Many times low back pain during pregnancy is caused by a rotation of the pelvic bone due to this ligament laxity. This causes pain in the sacroiliac joint on one or both sides of the low back. This rotation typically causes pain when sitting or standing for long periods of time.

Physical therapists are trained to assess this rotation and can perform simple techniques to improve alignment of the pelvic bones to decrease pain symptoms. Patients can perform exercises to strengthen the muscles around the pelvic joints to reduce the risk of this rotation and also to correct the alignment. During pregnancy there are many methods of pain management which are not recommended including pain medications due to risk of injury to the fetus. Physical therapists may use taping techniques to improve the stability of the pelvic joints and to decrease pain symptoms.

The difficult part of pregnancy related back pain is that the ligament laxity will continue through pregnancy to allow for pelvic movement during delivery. It is important to understand that there are methods to decrease pain symptoms without medications to allow expectant mothers to continue daily activities with less pain.



If you are interested in seeing one of our physical therapists to assess your back pain and develop a treatment plan for you, please call for an appointment

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