

Low Back and Pelvic Girdle Pain During Pregnancy and Beyond

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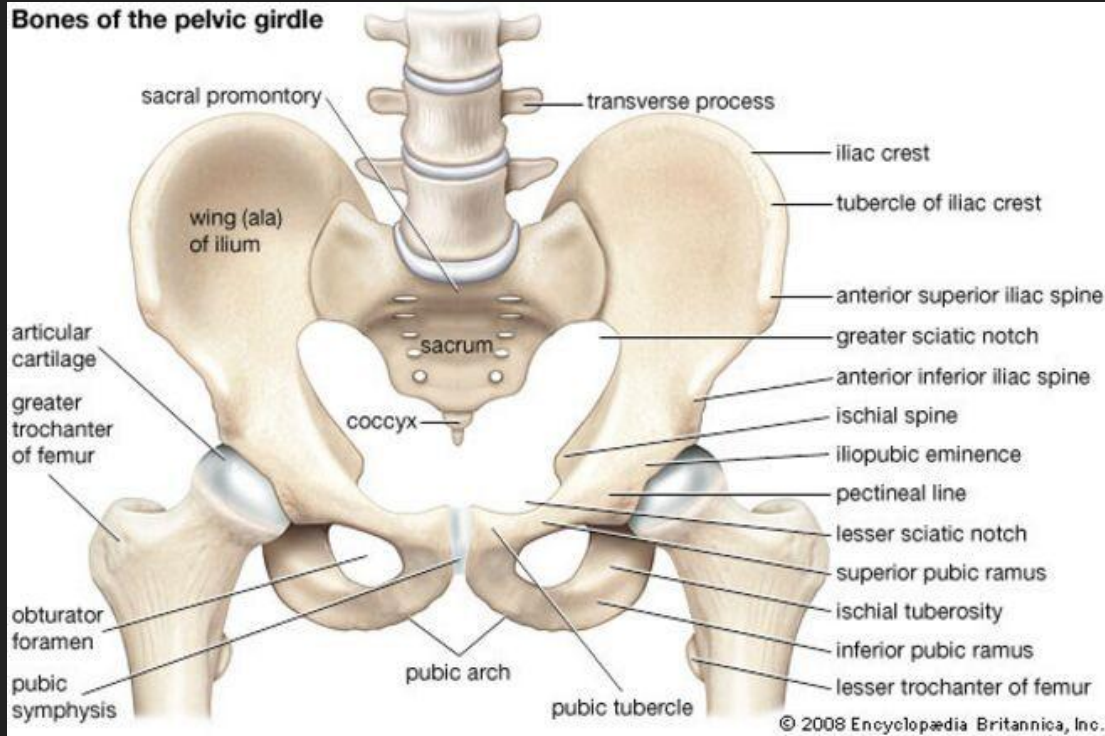
What is pelvic health (women's health) therapy?

- **Provided by a physical therapist or a physical therapist assistant**
- **Advanced training and education on women's specific conditions**
- **Advanced training and education on conditions related to pelvic floor dysfunction**
- **Specialized assessment and treatment of the pelvic floor muscles**

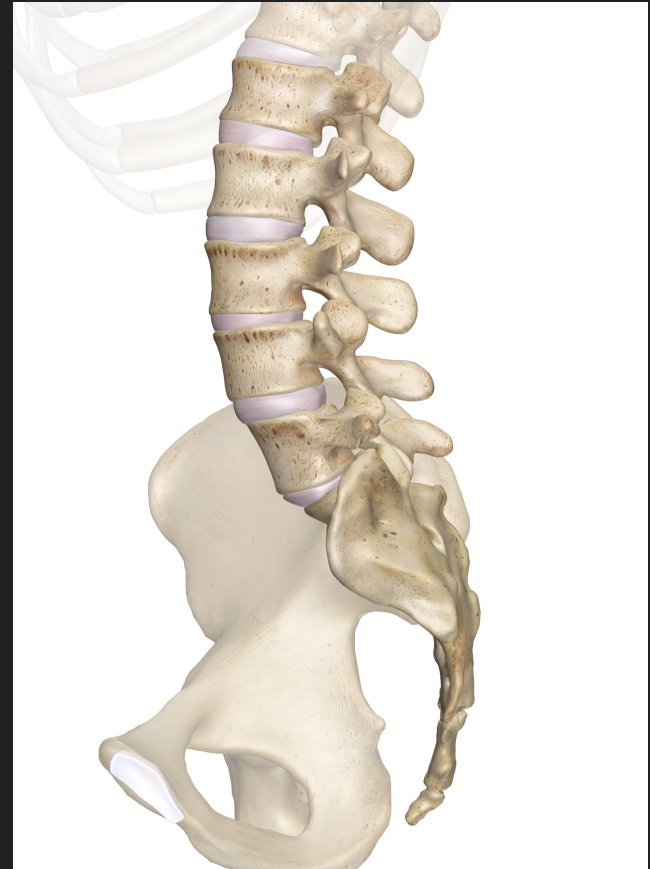
Agenda

- Anatomy
- Changes during pregnancy
- Risk factors for low back or pelvic girdle pain
- Risk factors for diastasis rectus abdominis (DRA)
- What can you do to prevent pain or dysfunction?
- Example of exercises to include into your routine
- Q&A

Anatomy



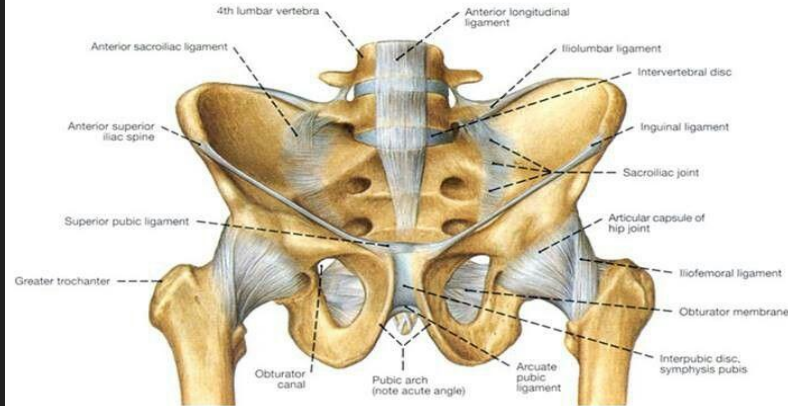
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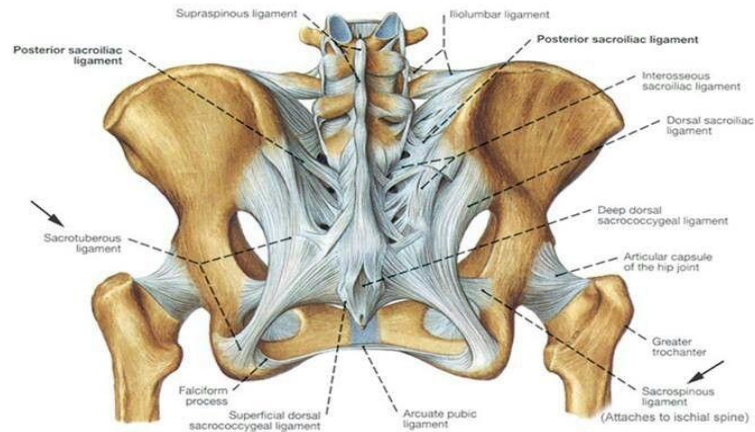
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Anatomy

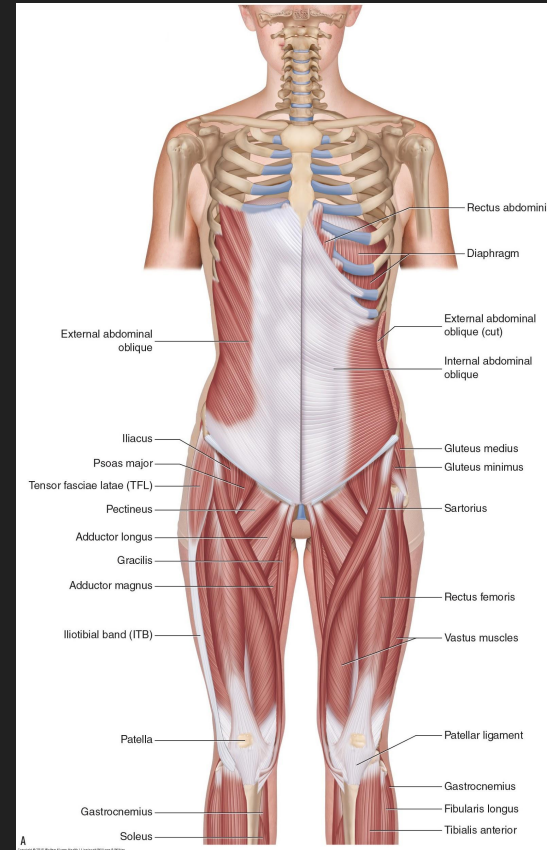
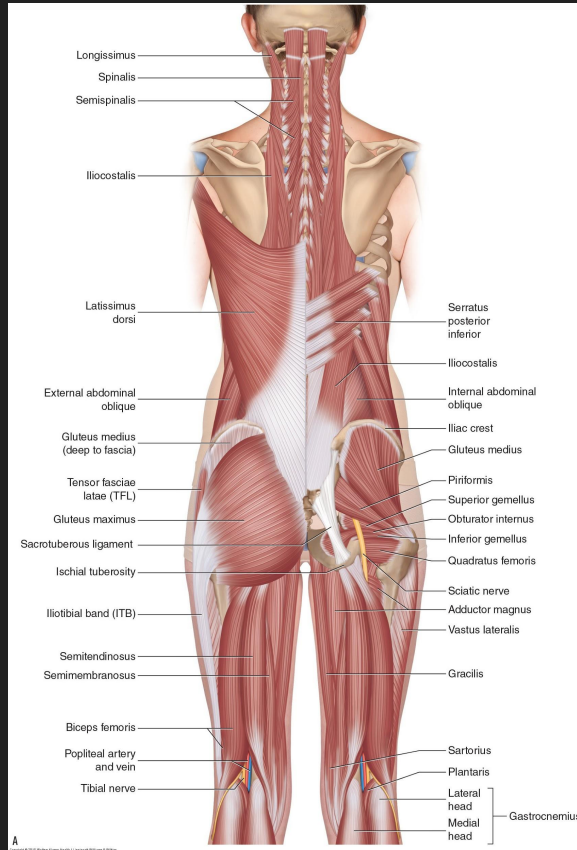
Pelvis and Ligaments, Front View, Male



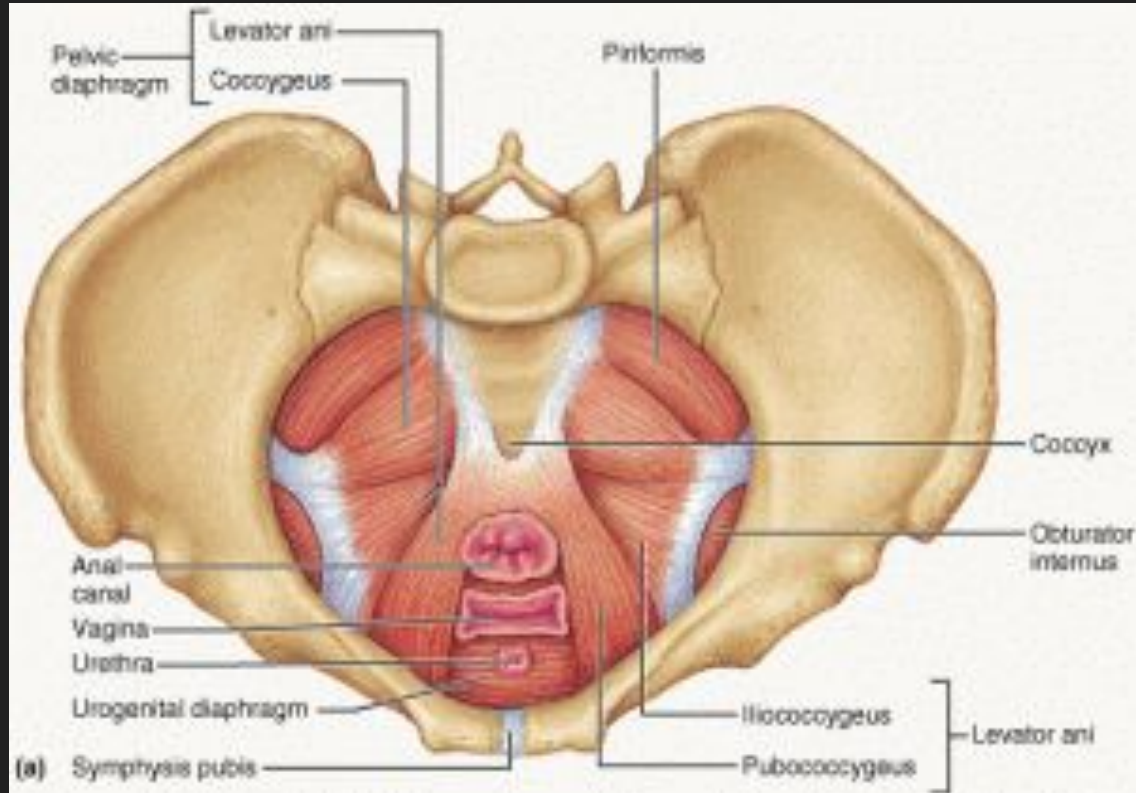
Pelvis and Ligaments, Rear View, Female



Anatomy

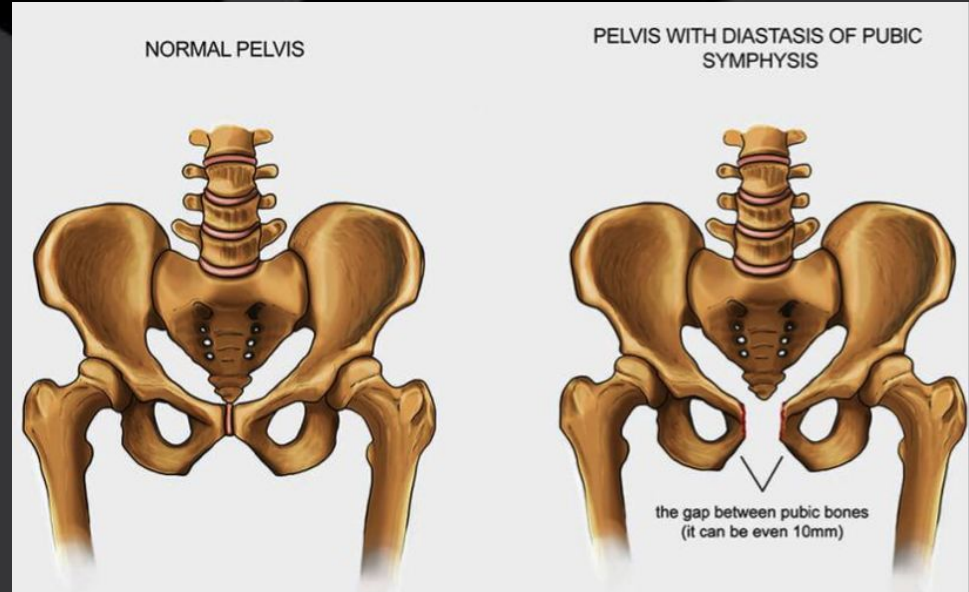


Anatomy



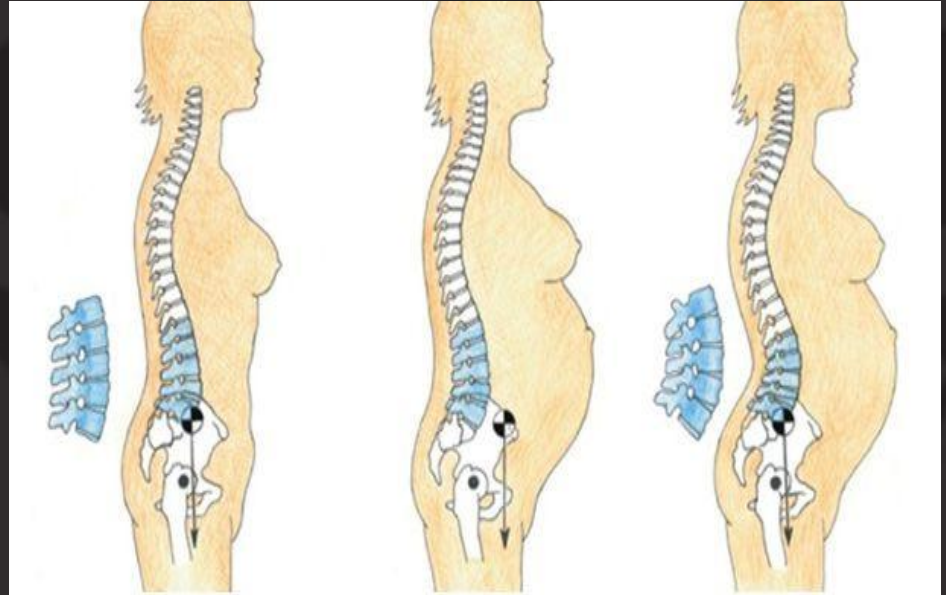
Important physiological changes

- **Hormonal changes cause connective tissue and ligaments to relax**
- **Joints become more mobile**



Anatomical changes

- Rounded shoulders
- Increased curve in low back
- Increased tilt in pelvis
- Possible rotation in hips



<https://i.pinimg.com/originals/69/e7/fb/69e7fbf80bc598bea42db8f6a24b2fb6.jpg>

Risk factors for low back pain or pelvic girdle pain during pregnancy

- History of previous back pain or SI joint pain
- History of previous trauma to pelvis
- Pain in prior pregnancy
- Asymmetrical activities or postures

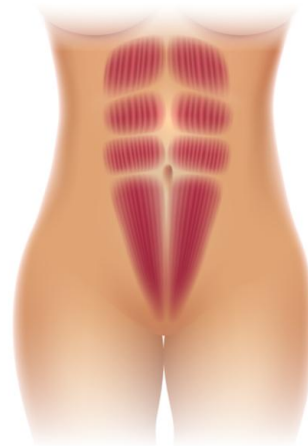


What can you do?

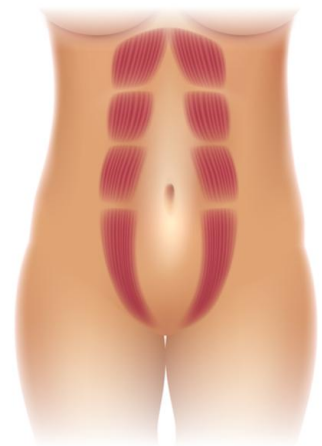
- **Activity modifications**
 - **Avoid asymmetric posture or positions**
 - **Caution with asymmetric activities**
 - **Be aware of lifting mechanics**
- **Exercise**
- **Physical therapy!!**

Risk factors for Diastasis rectus abdominis

- Multiparity
- Significant weight gain
- High birth weight of baby
- Older maternal age
- Multiple pregnancies



NORMAL ABDOMEN



DIASTASIS RECTI

What can you do?

- **Activity modifications**
 - **Avoid sit up exercises, avoid jackknife sit ups from laying down**
 - **Exhale during bending, lifting, pushing or pulling activities**
 - **Avoid aggressive stretching**
- **Exercise**
- **Physical therapy!!**
- **After-pregnancy you may consider an abdominal binder**

Questions?



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