



## PREGNANCY PAIN GUIDE

Pain during pregnancy is extremely common. Your body undergoes many rapid changes in preparation for the birth of your baby, and pain that ranges from mild to severe is often the result.

### Common Pains

**Headaches** are one of the most common complaints of pregnant women. While headaches may occur throughout pregnancy, they are most common in the first and third trimester. Headaches may be due to increased hormones, stress, and fatigue. They may also result from changes in the back which creates muscle tension.

**Back pain** is another major issue experienced by pregnant women, especially as your pregnancy progresses. As your center of gravity adjusts with your growing baby, your back must bear the increasing weight as it tries to compensate for a changing gravitational center.

**Hip pain** generally begins later in pregnancy. The hormone relaxin is released during pregnancy and makes the pelvis more pliable. Later this will aid in birth, but until then, the resulting changes in balance, support, and stability often result in what is called the “pregnancy waddle.”

### Treatment Options

The best treatment for all types of pregnancy pain involves maintaining good posture and applying cold/warm compressions for pain/tenderness. In addition, routine exercise programs will help strengthen and stretch your body.

**Headaches:** Relax, eat well-balanced meals, stay hydrated, and get plenty of rest.

**Back pain:** Wear flat or low-heeled shoes, avoid lifting heavy objects (and if you do, make sure to maintain proper lifting form), sleep on your side with legs bent and a pillow between them, avoid standing for long periods of time, and use gentle stretching to sooth muscles.

**Hip pain:** Use gentle stretching and massage, sleep on your side with legs bent and a pillow between them with an additional pillow underneath your abdomen.

### Perinatal Fitness Classes

Idaho Physical Therapy offers perinatal fitness classes, including pre-natal fitness and post-natal fitness (which involves both mom and baby).

For more information about our perinatal fitness classes, please email Bette Williams at [bette@idahopt.com](mailto:bette@idahopt.com).

### The Next Step

You don't have to live with pregnancy pain. At Idaho Physical Therapy, our caring, professional, experienced therapists will work with you to help you have the most pain-free pregnancy possible. Call us today to book your free assessment - **(208) 463-0022!**