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Sent: Tuesday, 16 October 2012 12:06 PM
To: Steve
Subject: PHYSIO4ALL E-News: Top 5 Tips to Reduce Pain During Pregnancy

Learn about the Top 5 Tips to Reduce Pain During Pregnancy!! PLUS Special Offer - 20% OFF Initial Pilates Assessment!!!

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PHYSIO4ALL E-News

Top 5 Tips to Reduce Pain During Pregnancy

Abdominal and back pain during pregnancy is common. During pregnancy your body produces a hormone called relaxin which softens the ligaments in your back, pelvis and other joints, helping your baby to pass through your pelvis during birth. The softening of the ligaments combined with changes in your body puts a lot of stress on joints and muscles and often results in pain

1. Strengthening Exercises

During pregnancy the growing baby and hormones cause the stomach muscles to stretch and separate. Strengthening the **core muscles** helps support the spine, which can reduce pain. Furthermore the **pelvic floor muscles** soften and weaken during pregnancy and labour, so exercises to target these muscles help.

2. Pelvic Support Belt

A belt will support your sacro-iliac joints and assist your muscles and



ligaments, this will reduce fatigue and pain, especially between the lower back and top of the buttocks. The application of a pelvic support belt by a physiotherapist significantly decreases mobility of the sacroiliac joints, reducing pain in 8/10 users.

3. Sleep with a Pillow between your legs

Sleep on your side, keeping one or both knees bent. It might also help to place one pillow between your knees and another under your abdomen.

4. Pilates

Pilates is the best way to strengthen your core and pelvic floor.

The sooner you start the more stability you will have when the baby starts to stretch your muscles. Increasing upper body strength makes carrying the baby easier and lower body strength helps meet the demands of the extra baby weight. It's never too late to start Physio based Pilates.



5. Physiotherapy

Physiotherapy treatment can provide comfort for most women. Gentle joint mobilizations and massage can relieve tension and provide comfort. Furthermore physiotherapists will be able to prescribe safe strengthening exercises as mentioned above. For more information on the benefits of physiotherapy or for an appointment call one of our experienced physios on **99222212**.



Check out a great YouTube video: [Physiotherapy North Sydney: Strengthening Exercise for Hip](#)

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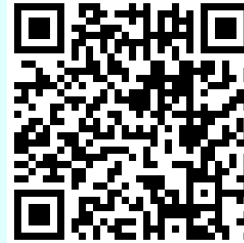
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