

BACK PAIN

in pregnancy

CAUSES

- Fetal growth straining lower back and pelvis.
- Ligament softening/stretching for labor readiness.
- Shifting center of gravity due to uterus enlargement.
- Increased weight adds strain to the back.
- Poor posture, prolonged standing, and bending exacerbate or initiate back pain.

TIPS

- Bend knees and keep back straight when lifting.
 - Avoid heavy lifting and balance weight when carrying bags.
 - Shift feet instead of twisting spine.
 - Wear flat shoes for even weight distribution.
 - Sit with supported back, use maternity support pillows if needed.
 - Ensure ample rest, consider massage and warm bath for relief. Use supportive mattress and sleep on side.
 - Safely engage in physiotherapy, yoga, pilates and exercises like walking or swimming 20–45 mins, 3–5 times/week, avoiding exhaustion.
 - Strengthen abs with pelvic tilts or exercise ball for back support.
 - For severe backpain: consult your GP
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