



Move Well. Feel Well.

Pelvic Girdle Pain



What is pelvic girdle pain and what are the common symptoms?

The pelvic girdle is a ring of bones that assist with transferring weight from your trunk through to your hips and into your lower limbs.

Pelvic girdle pain (or PGP) is a broad term where pain can be experienced within this ring of bones which consists of various joints. Painful symptoms can be experienced in the lower back, abdomen, groin, hips, and/or thighs.

What causes pelvic girdle pain?

There are many different causes of pelvic girdle pain. The pain can stem from irritated musculoskeletal structures like your muscles, joints, ligaments or tendons. Or it can be referred pain from organ issues within your pelvis such as reproductive, urinary or bowel organs.

If your pelvic girdle pain is caused by musculoskeletal issues, it's likely due to dysfunction or instability in the pelvic girdle. Common causes include direct trauma or reduced stability in your ligaments that can be a normal change during pregnancy.

How can osteopathy help pelvic girdle pain?

An osteopath will examine the movement in your lower back, pelvis & hips to assess for pain and reduced movement in these regions.

Your practitioner will work with you to help ease the discomfort. This may include hands-on treatment, as well as exercises aimed to normalise your movement patterns and strengthen the surrounding areas.

In some cases, your osteopath may refer you for further tests or scans or request to view previous scans that you may have already had.

What is the likely progression of pelvic girdle pain?

There is often a delay in diagnosis of pelvic girdle pain, however, early diagnosis is key to achieving better outcomes and helping improve recovery time.

With appropriate treatment and management, minor cases often resolve within 4-6 weeks. For long-standing cases, recovery can be anywhere between 3-6months.

KEY POINTS

- PGP can be pain experienced in the lower back, abdomen, groin, hips, and/or thighs.
- It has many different causes
- Early diagnosis is key to achieve better outcomes
- Osteopathy can help with hands-on treatment and exercise prescription
- Sleeping with a pillow between the knees at night can help reduce pain



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Overcoming pelvic girdle pain and prevent it from reoccurring.

What you do to help yourself if you have pelvic girdle pain?

There are a number of things you can do at home to help you overcome PGP and relieve the discomfort. These can include:

- Don't focus on your pain. Instead, focus on what you can do comfortably and slowly introduce more activities as you are able.
- Do not completely rest or lay in bed; you will feel worse and slow your recovery.
- Avoid static positions, such as sitting for long periods.
- Apply heat. This will increase the blood supply to the area, stimulating repair and reducing discomfort.
- Keep active, even if it means doing less than you would like to be able to. Gentle loving movement helps your body to function at its best, even when you are in pain.
- Sleep with a pillow between your knees when lying on your side to help balance tension through the lower back and pelvis
- Follow your management plan. Your practitioner will provide you with clear guidance about how to support your recovery and maximise results.

For more information...

Contact your osteopath at Whole Body Health & Wellness

Phone: 03 5200 10444

Email: info@wholebodyhealthandwellness.com.au

Web: www.wholebodyhealthandwellness.com.au

Watch:

4 simple exercises to relieve pain and strength the muscles of your pelvis

wholebodyhealthandwellness.com.au/tips-for-reducing-pelvic-pain/