

## **Pelvic Girdle Pain Tips**

Pelvic girdle pain can exist in any of the following areas:

Sacroiliac joint • Lower back • Tailbone • Hips and sides of pelvis • Back of thighs • Groin or pubic bone

This type of pain can be common in pregnancy and after giving birth but you don't need to put up with it. It can get better! Here are some tips to help lessen pain during daily movements:

### **How to turn in bed with less pain:**

- Sit on side of bed facing out - upper body move down to bed the same time as legs lift to get on bed (think of keeping body in one straight line)
- To turn from side to back - both knees bent, open top knee to lead you onto your back
- To turn from back to side - straighten knee of direction you want to turn to from your back (other knee bent)
- Squeeze buttocks of bent knee, press firmly into same foot
- Lead with the bent knee hip to turn you over (keep bent knee open)
- This technique uses you buttocks to support the pelvis and the inner thighs stay relaxed

### **Tips for daily habits to lessen pain:**

#### *Getting in/out of car*

- keep knees open instead of second leg closing

#### *Driving*

- drive with legs apart

#### *Sleeping*

- add extra pillows (1-2) to keep knees open (continue if less pain at night and in morning)

#### *Standing*

- Stack ribs over pelvis (watch if tucking bum under)
- Bend knees slightly with feet slightly turned out

#### *Sitting*

- Sit cross legged (both) on floor or on couch/chair
- Sit with knees open
- If sitting with one leg crossed - have crossed knee open

### **For more treatment strategies and home exercises:**

- Book: Relieving Pelvic Pain During and After Pregnancy by Cecile Rost, PT
- Free App: Rost Moves Mama - shows how to do daily activities with less pain
- Seek assessment and treatment from a Registered Pelvic Health Physiotherapist

Produced by:  
Anita Lambert Registered Physiotherapist  
Leah Stajcer Registered Physiotherapist

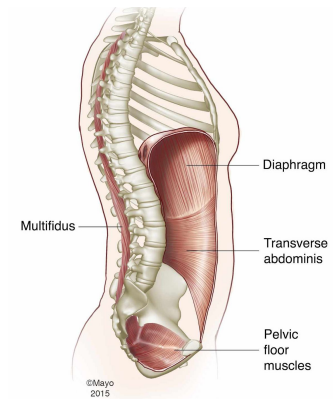
# Postpartum Pelvic Floor & Core Education

## Early Tips to Remember

- Getting out of bed - roll to your side, let legs fall over bed as push up on elbow instead of sit-up
- Start with short walks around the house or outside leisure walks to start your core connection
- Keep ribs over hips alignment - don't tuck your bum or let your body sway back with holding baby
- Kegels/pelvic floor contractions are not indicated if you have tension or pain in your pelvic floor

## Core and Floor Connection

- Our Core 4 (diaphragm, multifidus, transversus abdominis and pelvic floor) is a series of muscles used to support our body
- Starts with breathing: focus on inhaling through ribs, belly and pelvis
- Engaging core: as you exhale, focus on "rising up" sensation in abs and pelvic floor
- Do NOT breath hold or bear down to "engage the core"
- 3 E's: exhale, engage core, exert force (lifting, carrying, etc)
- You MUST retrain the inner core before getting back to exercising
- Avoid traditional sit ups, crunches, v-sitting, plyometrics or intense exercise classes until core retraining has occurred



## Returning to Exercise

- Avoid the 3 P's +: peeing, pain, prolapse + bulging of abdomen
- Avoid any exercise that causes leaking, pain, heaviness/bulging to the vagina/rectum or bulging/tenting of the abdomen
- This is our bodies way of letting us know that our inner core does not yet have the strength

## How to do a C-Section scar massage

To be performed after your 6 week postpartum follow up with your doctor:

- Take your 3 middle fingers and slowly stroke along the scar from left to right for 1 minute then from right to left for 1 minute.
- Take your 3 middle fingers and place them over your scar on the right. Put gentle but firm pressure onto scar as you shift the skin/scar up and down. Repeat along the scar for 1 minute.
- Take your 3 middle fingers and make small circles around your lower abdominal region from your belly button to your outer hips and over the scar. Do this for 1-2 minutes.

## Book an appointment with a pelvic floor physiotherapist after birth if you have:

- Bulging or tenting of your abdomen during any movement
- Scarring from c-section, tearing or episiotomy
- Leaking urine, gas, stool with cough, sneeze, exercise or can't make it to the bathroom on time
- Problems emptying your bladder or bowel completely
- Pain with intercourse
- Pressure, heaviness, bulging in your vagina or rectum
- Ongoing pain in your vagina, rectum, pelvis, pubic bone, abdomen or low back

## For more helpful tips and resources:

- [pelvichealthsolutions.ca](http://pelvichealthsolutions.ca)

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