

Ways to minimize back pain

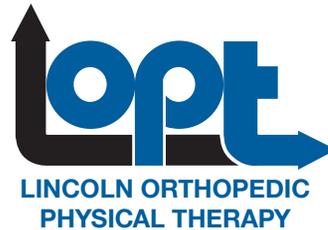
- Practice good posture, stand and sit straight and tall.
- Sleep on your side with a pillow between knees.
- Wear comfortable, supportive shoes.
- Stay active. Exercise.
- Don't cross your legs.
- Wear an SI Belt to support the Sacroiliac joint. The Stork S'port back support brace is designed to address SI joint pain during pregnancy.
- Practice good lifting mechanics.

Precautions

Perform these exercises within the precautions and guidelines given by your physician. Precautions change each trimester as you and your baby change. A few reminders include:

- Know the difference between back pain and labor pain.
- Avoid laying on your back for prolonged periods of time.
- Do not overexert or exercise to exhaustion.

When discomfort changes to pain – call LOPT



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Back Pain During Pregnancy

Where does it hurt?

Sacroiliac Joint Pain

Pain is located below the waistline on one or both sides.

Low Back Pain

Pain is located at or above the waistline.

Upper Back Pain

Soreness in the lower neck or between the shoulder blades.

Why is back pain common during pregnancy?

Between 50-70% of pregnant women report having back pain.

- Pregnancy-related hormones create joint laxity as they prepare your body for childbirth.
- Stress on the lower back is increased by the baby's weight.
- You lose abdominal muscle strength as the abdominal muscles are stretched.
- Back and hip muscles must work harder to support you and the baby. The stress on these muscles is compounded by changes in body mechanics.



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Physical Therapy and Exercise Help

The benefits of exercise include improved endurance, decreased stress and lower risk for blood clots, cramping and swelling.

Kegel Exercise

Tighten the pelvic floor muscles as if trying to stop the flow of urine. You should feel the pelvic floor lift upward and vaginal opening tighten. Perform three sets of 10.



Hip Abduction

Lift leg keeping your shoulder, hip and knee in a straight line. Perform three sets of 10.



Abdominal Strengthening

Keep abdominal muscles tight while marching in place. Perform three sets of 10.



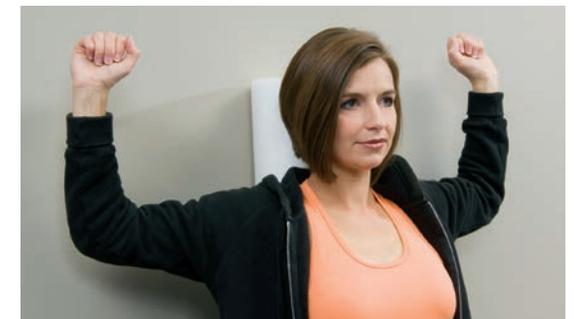
Stretch

Place rolled towel under sacrum and between knees with belt placed around the knees. Relax in this position for five to 10 minutes. Less if in late pregnancy.



Cat Stretch

Arch upper and lower back. Hold for 10-30 seconds. Perform five to 10 repetitions.



Thoracic Stretch

Place towel between shoulder blades. Squeeze shoulder blades together with shoulders at 90 degrees. Do this lying down or against the wall. Hold for 10 to 30 seconds. Perform five to 10 repetitions.