

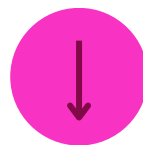


WHAT IS PELVIC GIRDLE PAIN?

- Pain experienced in the **low back or buttock region**
- Can spread into the **back of the thigh**
- There may also be pain in the **pubic symphysis** or pubic bone

When can it happen?

- During **pregnancy**, immediately **after delivery**, or **up to 2 years postpartum**
- Pelvic girdle pain will usually get better on its own, however some individuals will experience long-lasting pain postpartum



Find a Physical Therapist Using the PT Locator



www.aptapelvichealth.org/ptlocator

POSTPARTUM PELVIC GIRDLE PAIN

Patient Version





HOW DO YOU KNOW IF YOU HAVE PELVIC GIRDLE PAIN?

You might have pain:

- In the front or back of your pelvis
- With turning in bed
- With standing or walking

Anyone can develop pelvic girdle pain, but it is more likely if you:

- Have had low back or pelvic girdle pain in the past
- Experienced a high level of physical difficulty immediately after childbirth
- Had a cesarean section
- Have given birth more than once
- Breastfeed in a seated position
- Feel depressed

PHYSICAL THERAPY

Why does it matter?

- Pelvic girdle pain is a **leading cause of physical problems** in postpartum individuals

How can physical therapy help you?

- Research shows that PT treatment can **reduce pain and difficulty** in postpartum individuals
- Initiating PT **within 3 months** postpartum may reduce the likelihood of long-lasting pain



CLINICAL PRACTICE GUIDELINES

Simonds, et al. Clinical Practice Guidelines for Pelvic Girdle Pain in the Postpartum Population. *Journal of Women's Health Physical Therapy*. 2022;46(1):E1-E38.

WHAT DOES PHYSICAL THERAPY INVOLVE?

Examination

- Tests and measures to assess impact on your daily activities
- Screening for pelvic floor symptoms
- Assessment of the muscles in your abdomen, back, and hips
- Screening the sensation and strength in your lower body
- Tests to confirm the source of your pain
- Testing of your ability to stabilize your pelvic girdle during leg movements



Interventions

- Education on movement strategies for your daily activities and childcare
- Stabilization and other exercises to address muscles in your back, hips, and pelvic floor
- Functional training
- Manual therapy and/or use of a pelvic belt along with other interventions